

# ☀️ Mindfulness Mastery Workbook ☀️

*For Ages 10–15 | Your Guide to Chill Vibes + Big Focus*

## What's Mindfulness, Anyway? 🤔

It's the power of being *right here, right now* — noticing what's happening inside you and around you without judgment. Think of it like a mental power-up that helps you stay cool, calm, and focused.

## ⚡ Quick Power Practices

### 🎨 “Draw Your Moment”

Pause. Look around. What do you see, hear, or feel? Imagine drawing it — your room, your fave snack, even a chill mood.

### 🧘 “Breathe & Beat” – The 4-7-8 Trick

- Inhale for 4 seconds 🫁
- Hold for 7 seconds ⏸️
- Exhale for 8 seconds 🧘

Try for a few rounds. It's like hitting the reset button on your brain.

### 🔍 “Sense It Out” – 5-Senses Hunt

Pick a quiet spot. Name or imagine:

👁️ Something colorful

👂 A soft sound

👐 A cool texture

👃 A favorite smell

👅 A taste you love

### 🧘 “Body Scan Adventure”

Start at your head and “travel” slowly down your body — noticing how each part feels. Tight? Tingly? Calm? No rush. Just notice.

## 🎯 Mindful Moves

### 🧘 “Yoga Pose Power-Up”


Try holding a pose (like Tree 🌳 or Downward Dog 🐕) for 30 seconds while breathing slow. Imagine you're a superhero charging energy ⚡.

### 😬➡️😊 Name It to Tame It


Feeling big emotions? Try:

1. Naming the emotion (e.g., “angry,” “anxious,” “excited”)
2. Asking: What triggered this?
3. Choosing a “power-up” to deal with it (deep breaths, music, stretch, talk to someone).

## **Mindfulness in Action – Your Game Plan**

 **Daily Routine Ideas:**

- 1–2 min breathing break in the morning ☀️
- Mindful snack or walk after school 🍌 🚶
- Body scan or stretch before bed 🌙

 **Pro Tip:** Create your own schedule and stick to it for one week. See how it changes your vibe!

## **Final Challenge – Level Up Your Calm**

Try at least one mindfulness activity each day for a week. At the end, ask yourself:

- What helped me feel more focused or relaxed?
- What will I keep doing?

## **Tools You Can Use**

- **Apps:** Headspace for Kids, Smiling Mind, Insight Timer Youth
- **YouTube Channels:** Cosmic Kids Yoga, GoNoodle, Mindful Kids
- **DIY Calming Tool:** Make a glitter jar – shake, breathe, and watch the sparkle settle ✨🌀

 **Remember:**

Mindfulness isn’t about perfection. It’s about showing up for yourself.

Every breath, every moment, you’re building your superpower. You got this. 💪😎