

Mindfulness Activities

Trace along the rainbow with your finger as you breathe in and out



Deep Breathing

Lay on your back with your hands on your belly or you can hold a soft toy resting on your belly

Inhale:

Take a deep breath
feel your belly fill
with air and rise up

Exhale:

Breath out
Slowly releasing the
air out and feel your
body relax

Repeat

5 Senses

Name in detail

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you smell
- 1 thing you can taste

Self care doesn't have to be long, it can be as simple
as a 5 minute activity done often