

Name: _____

Date: _____

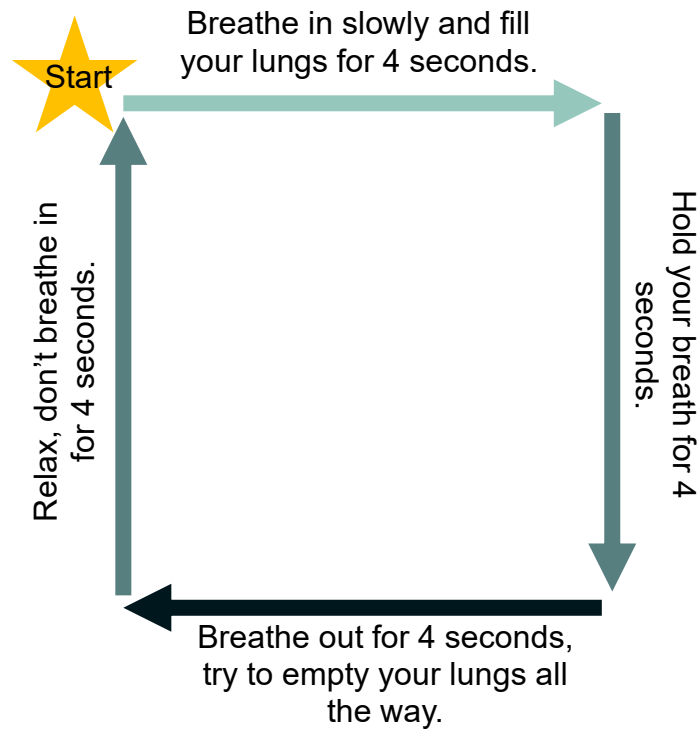


Simon Sort of Says Mindfulness Practice

Simon has a couple of mindfulness practices that he uses when he gets overwhelmed. Test out a few for yourself and see if you find them as helpful as Simon does.

Box Breathing

Place your finger on the star. Slowly slide your finger across each arrow following the instructions as you go.



Grounding: Describe in five ways

Choose an object that you are see. List five things that you notice about it:

- 1.
- 2.
- 3.
- 4.
- 5.

For more support for anxiety or trauma, check out Kids Help Phone website for tools to help.

