

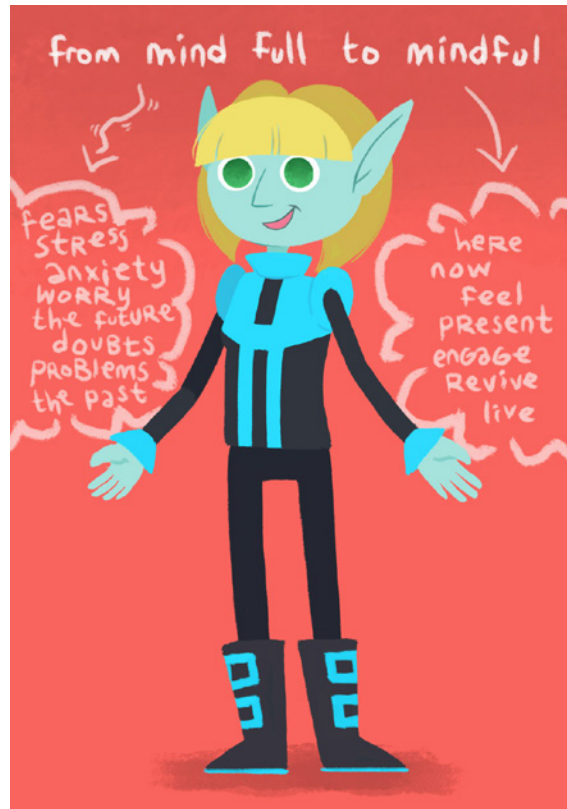
GoZen!

# MINDFUL MINUTE CARDS



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# MINDFUL MINUTE CARDS



## HOW TO USE THESE CARDS:

These are mindfulness meditations. They help you appreciate the here and now! Pick up a card, read the exercise and try it for at least 60 seconds. Any humanoid can do this. If you are in a group, like a classroom, a teacher can read the exercise while youthlings follow along. These are also fun for a family to use at home right before dinner.

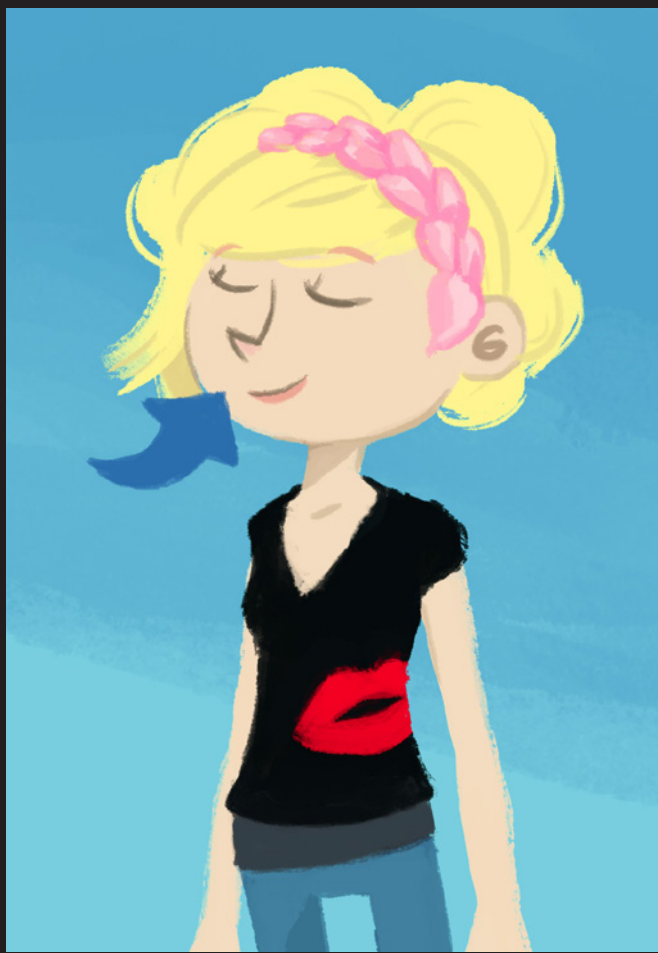
Position: Sit, stand, or lie comfortably when you try these exercises (unless it tells you to do something else on the card... then do that)! You should be comfortable.

Breathing: You will mostly see 4-count breathing in these exercises. When you see "1-2-3-4" on a card, this means count to four in your mind as you breathe in or out. Mindfulness should be enjoyable, so do what feels good and comfortable to you.

## HOW TO ASSEMBLE THESE CARDS:

Print out each page, then place them back to back so that each illustration is paired with its activity. Cut each card out and attach the fronts and backs to each other using double-sided tape or glue. To make the cards sturdier and longer lasting, you can print them on cardstock and laminate them.

Card 1 Front



Card 2 Front



Card 3 Front



Card 4 Front



### Magnetic hands!

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

Put your hands in front of you shoulder width apart and palms facing each other.

pretend there is a magnet that is slowly drawing your palms together.

Bring your palms very, very close until they almost touch. Then slowly bring your palms back out again.

Keep breathing. Repeat.

### Activate your senses!

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

As you continue to breathe, use all five of your senses.

What do you smell?  
 can you identify the smells?  
 What can your fingers feel?  
 What do you hear right now?  
 Do you recognize the sounds?  
 What do you taste?  
 What do you see?

Spend time with each sensation.

### Just one breath!

You'll be paying attention to how a single breath feels.

Take a super slow breath in through your nose. Remember, breathe as slowly as you can.

Feel the air flow through your nostrils, down your windpipe, and into your lungs. Feel the air in each part of your body. Hold the breath.

Now, exhale just as slowly and feel the breath come up from your lungs, then through your windpipe, and out through your nose.

### The Darth Vader breath!

You always knew when the character Darth Vader, from Star Wars, was nearby because of his loud, airy breaths.

Take a Darth Vader breath yourself by closing the back of your throat slightly so that you can hear your breath.

Try breathing in deeply through your nose so that you make a snoring noise.

Breathe out fully through your mouth so that you make a "haaaah" noise.

Breathe in "hmmmm."  
 Breathe out "haaaah."  
 Repeat.

Card 5 Front



Card 6 Front



Card 7 Front



Card 8 Front



Hit the bull's-eye!

Start by breathing.  
Breathe in deeply through  
your nose (1-2-3-4).  
Breathe out fully through  
your mouth (1-2-3-4).

Find a small target to focus  
on like a spot on the wall.  
continue to breathe as you  
concentrate on that target.

If your thoughts wander,  
no problem. Just bring your  
attention back to the target  
and your breath.

Breathe like a bee!

Cover your ears with  
your thumbs and your  
eyes with your fingers.

Keep your lips closed and  
teeth slightly apart inside  
your mouth. Inhale deeply  
through your nose (1-2-3-4).

When you inhale, think about  
closing your throat just  
slightly so you can actually  
hear your breath.

Exhale slowly through your  
mouth (1-2-3-4) while making  
a low humming sound. Repeat!

Peripheral visioning!

Breathe in deeply through  
your nose (1-2-3-4).  
Breathe out fully through  
your mouth (1-2-3-4).

while Standing or sitting,  
make a "T" shape with your  
body by bringing your arms  
straight out from your sides.

Wiggle your fingers.  
Look for your fingers  
without moving your head.  
continue to breathe.

Bring your arms back  
together so that you can  
see your fingers.  
Hold. Breathe. Repeat.

Space travel!

Breathe in deeply through  
your nose (1-2-3-4).  
Breathe out fully through  
your mouth (1-2-3-4).

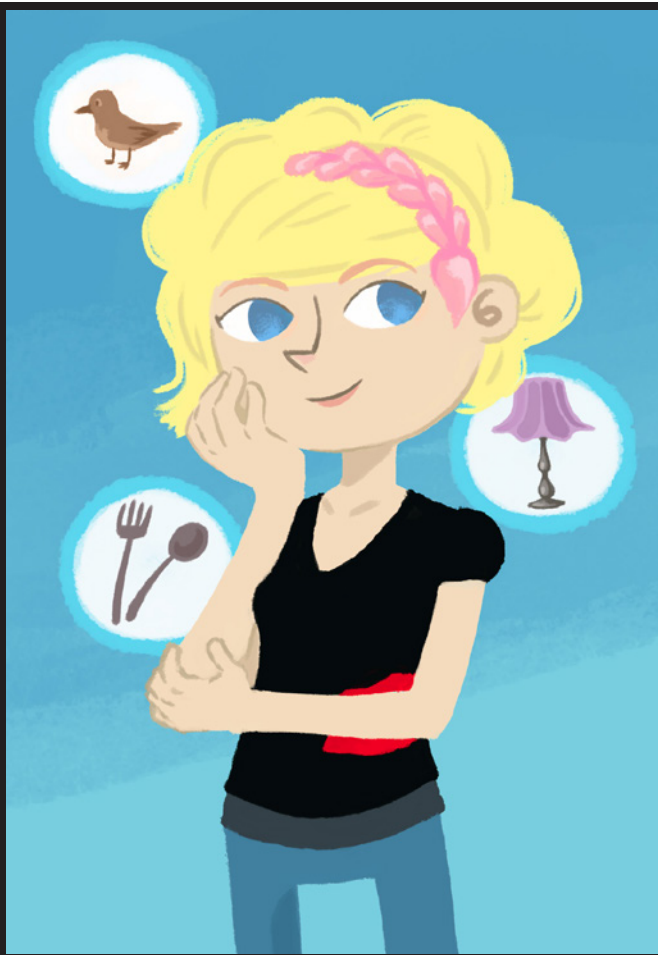
Now, close your eyes  
and imagine floating above  
the room you're in.

Then float and zoom out  
above your house or the  
building you're in.

Next, zoom out above your  
city, your country, and finally  
the whole planet Earth.

Then zoom all the way  
back in to yourself.

Card 9 Front



Card 10 Front



Card 11 Front



Card 12 Front



One simple syllable!

Start by breathing.  
Breathe in deeply through  
your nose (1-2-3-4).  
Breathe out fully through  
your mouth (1-2-3-4).

Choose a one syllable  
word that gives you peace  
(joy, love, good, home, etc.).

Whisper this short word  
during every breath out.

Appreciate three things!

Start by concentrating  
on your breath.  
Breathe in deeply through  
your nose (1-2-3-4).  
Breathe out fully through  
your mouth (1-2-3-4).

Take a moment to  
notice three things of  
beauty around you.

What do you see?  
Continue to breathe.

How does it make you feel?  
Keep breathing.

Release a thought!

Breathe in deeply through  
your nose (1-2-3-4).  
Breathe out fully through  
your mouth (1-2-3-4).

Sometimes, we have bad  
feelings or thoughts.  
Close your eyes and think  
of one you've had.

Imagine putting that thought  
in a red balloon above you  
and letting it float away.

Watch the balloon as it  
floats higher and higher and  
gets smaller and smaller until  
it completely disappears.

Take a mind breath!

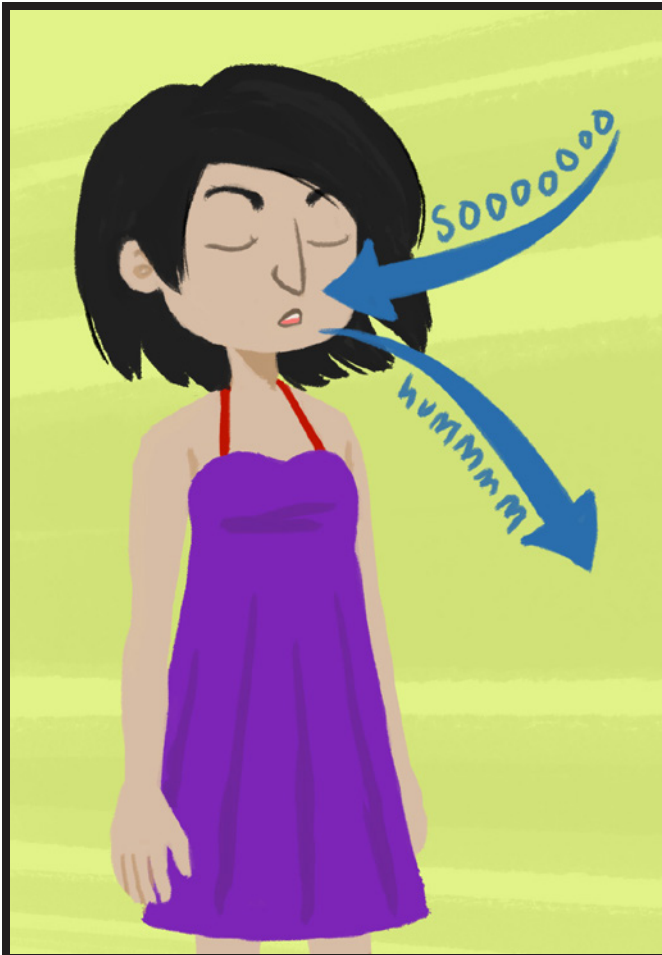
Inhale through your nose  
(1-2-3-4) and picture your  
breath moving up, up, up to  
the very top of your head.

Now, exhale through your  
mouth (1-2-3-4) and imagine  
pushing your breath down  
your back to the very  
bottom of your spine.

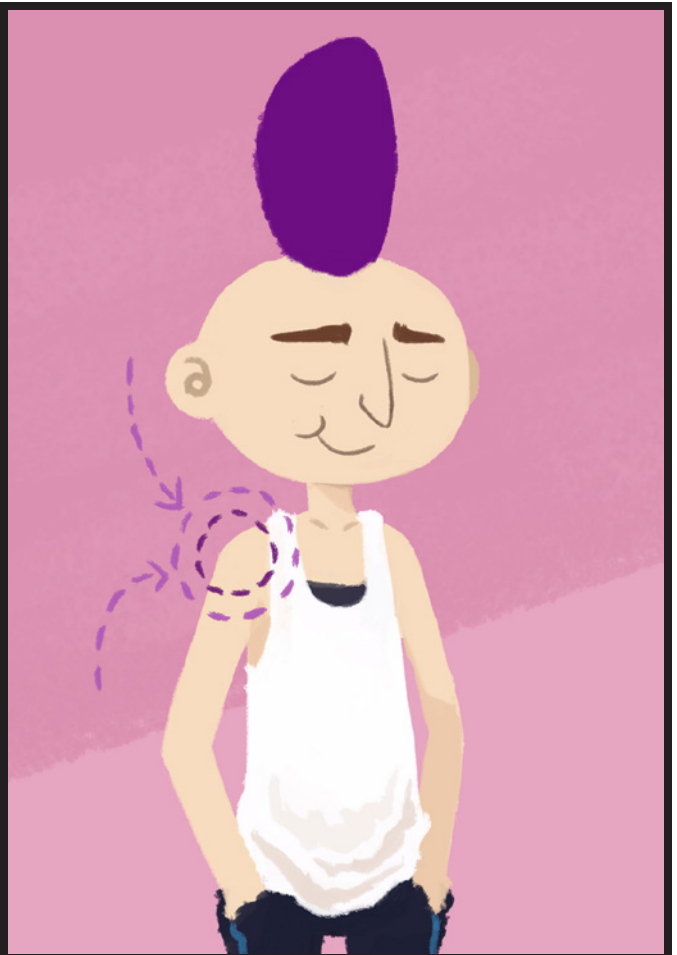
Try moving your breath  
up and down for the  
next minute. Rock on!



Card 13 Front



Card 14 Front



Card 15 Front



Card 16 Front



Relax your body!

Think of a part of your body that aches when you're tired.

Now, breathe in deeply through your nose (1-2-3-4). Picture the breath traveling to that tired part of your body and relaxing it.

Breathe out through your mouth (1-2-3-4). Imagine this part of your body is now energized again.

Repeat and relax!

Feel it!

Start by breathing. Breathe in deeply through your nose (1-2-3-4). Breathe out fully through your mouth (1-2-3-4).

Place your hands on an object close to you, like a desk, a wall, etc. Close your eyes and explore the surface of the object.

Put your hands flat on a rough wall or smooth desk and feel the texture. Continue breathing as you explore.

The "So" "Hum"!

Breathe in deeply through your nose (1-2-3-4). Breathe out fully through your mouth (1-2-3-4). Continue to breathe.

Now, you are going to quietly say a few words to yourself.

While breathing in through your nose, say the word "soooooo" in your head.

While breathing out, say the word "hummmmmmm."

If you like, you can come up with your own two words. Repeat and rock on!

Alien perspectives!

Breathe in deeply through your nose (1-2-3-4). Breathe out fully through your mouth (1-2-3-4).

Imagine you are an alien who has just been given human hands for the first time.

You look down at these strange new body parts.

What do you notice?  
How do your hands feel?  
What kinds of lines, veins, and ridges do your hands have?  
How do your hands smell?  
How big or small are they?

Card 17 Front



Card 18 Front



Card 19 Front



Card 20 Front



Just smile! :)

A simple smile can change your mood. Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

Now, close your eyes gently.

Think of something that makes you happy.

Try smiling with your eyes closed for one full minute. Continue breathing in and out using your 4-count breathing.

It's ok if your mind wanders. Just smile and refocus your attention on your breath.

Get down with it!

Lie down on your back in a comfortable place.

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

Stretch your arms out on either side of you and put your palms face up toward the ceiling.

Breathe in and out for one minute. Concentrate on your breathing.

Catch this moment!

Breathe in through your nose (1-2-3-4). Breathe out through your mouth (1-2-3-4).

Close your eyes gently. Imagine you had a camera that could take a picture of this moment in your mind.

What would you see?  
What would you be doing?  
What would the people around you be doing?  
What colors and images would be frozen in time?

Breathe in (1-2-3-4).  
Breathe out (1-2-3-4).

Wiggle 'em!

Start by concentrating on your breath. Breathe in deeply through your nose (1-2-3-4). Breathe out fully through your mouth (1-2-3-4).

Wiggle your toes as if you are on a sandy beach.

Now, curl up your toes and hold them tight for a few seconds. Release. Continue to breathe.

Curl up your toes again. Hold. Release. Repeat.



## TERMS OF SHARING THE

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2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: <https://facebook.com/groups/scienceofhappinessforkids/>

# [GoZen! Programs](#) help kids **Manage Stress and Build Resilience**

All of our animated programs are research-based and rooted in science, and each program focuses on a different set of life skills to help kids thrive.



## [GoZen! Anxiety/Stress Relief Program](#)

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.



## [GoStrengths! Well-being + Resilience Program](#)

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.



## [GoHackify! OCD Relief Program](#)

5 Modules / 30 Animations / 110+ Minutes of video

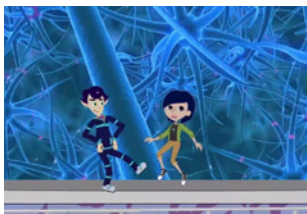
Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!



## [GoToTheNow! Mindfulness Program](#)

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



## [GoPositive! Negative Thoughts Mini Program](#)

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.



## [GoWave! Panic Attack Mini Program](#)

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.



## [GoAction! Procrastination Relief Program](#)

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!

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