

MINDFULNESS ACTIVITIES FOR KIDS

Free **PRINTABLE**
Monthly Mindfulness Calendar

Printable
and Digital

Mindfulness Challenge Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Go for a walk.	5 Journal about a special quality that you have.	6 Do something kind for someone at school.	7 Take a moment and sit somewhere quiet.	1 Offer to help someone with a chore.	2 Take a deep breath and describe what you smell.	3 Do something you have never done before.
11 Do something with a friend or family member.	12 Complete a random act of kindness for another person.	13 Write a letter to someone you miss.	14 Practice mindful breathing.	8 Listen to a song that makes you happy.	9 Listen to the noises around you.	10 Listen to your thoughts then write them down.
18 Enjoy a day with no electronics.	19 Play a game with your family or friends.	20 Journal what it feels like to be happy.	21 Lay down and notice your breathing.	15 Focus on what you can see, hear and feel.	16 Practice a yoga pose.	17 If you could go anywhere, where would you go?
25 Watch the sunset.	26 Journal about your favorite thing you did this summer.	27 Do something special for a friend.	28 Write down something you're worried about.	22 Be mindful while coloring or drawing a picture.	23 Make a list of things you're grateful for.	24 Treat yourself and fill your own bucket.
				29 Wear something today that is your favorite color.	30 Read a book outside.	
INSTRUCTIONS: Fill in each circle once you have completed the daily activity.						

NEW!

Each Month