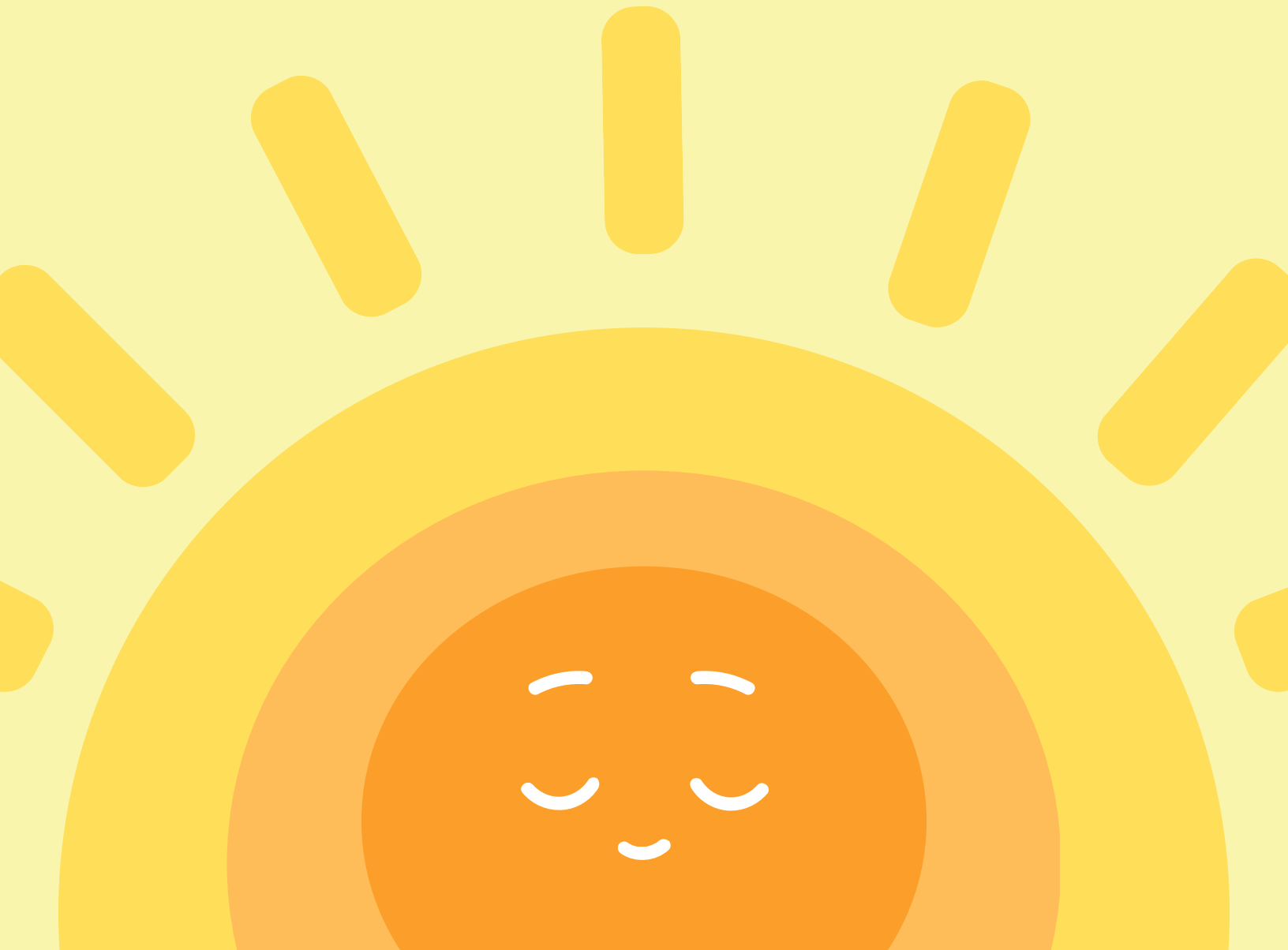




YOUTH SERVICES DEPARTMENT
EDUCATION & TRAINING CENTER

MINDFULNESS

ACTIVITY BOOK FOR YOUTH



WHAT IS MINDFULNESS?

Mindfulness means paying attention to what's happening right now. This includes your thoughts, your feelings, your body, and everything around you. You don't try to change anything or say it's good or bad – you just notice it, like watching clouds slowly float by.

Mindfulness is like the warm sun helping your mind slow down and feel peaceful. It helps you understand your feelings and find calm, like sitting quietly in a sunny garden.

You can practice mindfulness when you take deep breaths, taste your food slowly, listen carefully to sounds around you, or simply notice the colors and shapes outside your window.

Why it helps:

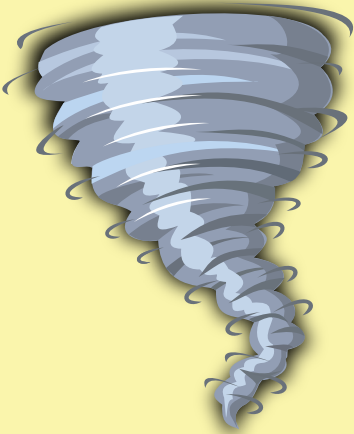
Mindfulness helps your brain and body feel calmer. It makes it easier to focus, understand your feelings, be kind to yourself and others, and sleep well. And you can do it anytime, anywhere – all you need is a little attention.



MOOD METER

Checking in with your feelings is like noticing the weather inside you – sometimes sunny, sometimes cloudy, sometimes stormy. When you name your feelings, you can understand them better and know what you need.

How are you feeling?



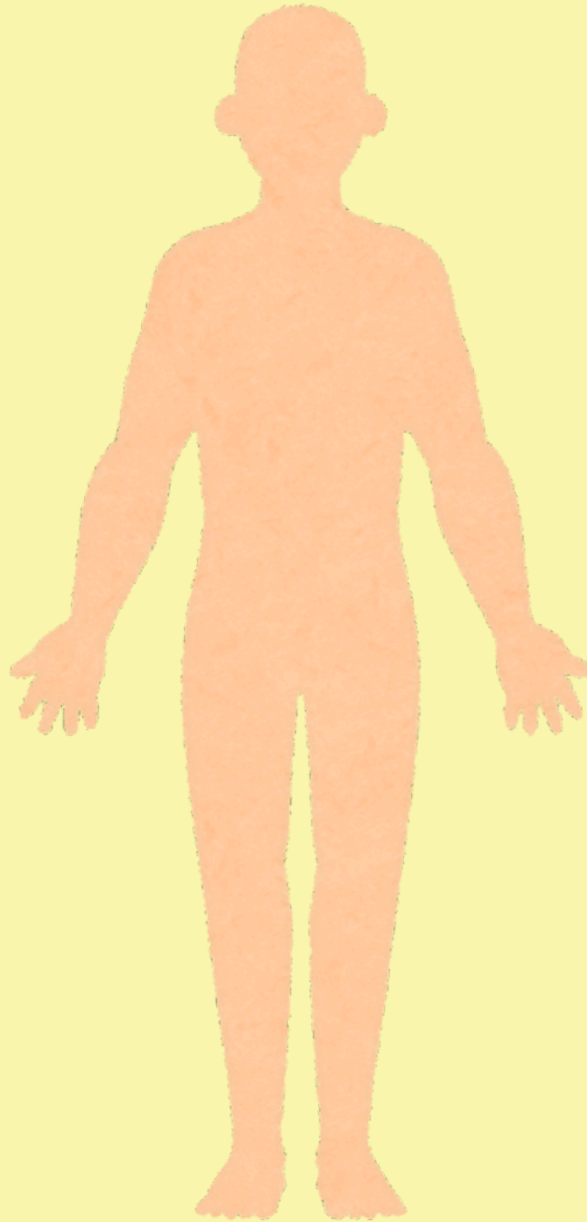
Why it helps:

Knowing how you feel helps you take care of yourself, like putting on a raincoat when it's wet or sunglasses when it's bright.



BODY SCAN: WHAT DO YOU FEEL?

Your body holds feelings like the earth holds water – sometimes calm and still, sometimes bubbling with energy. Paying attention to your body helps you understand your feelings and know when to rest or move. What do you feel in your body right now? Where do you feel it?



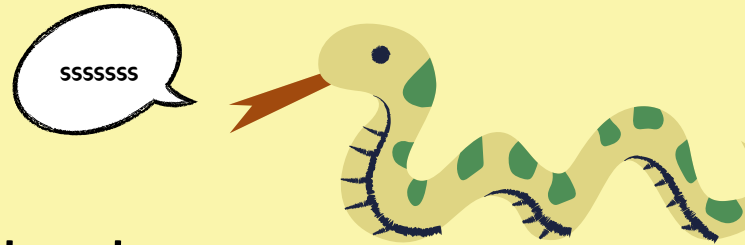
Why it helps:

When you notice what your body is telling you, you can care for yourself better, like giving thirsty plants a drink or moving them to sunshine.



ANIMAL BREATHS

Breathing deeply is like feeling the breeze gently move through the trees. Different kinds of breaths can help you feel calm, steady, or awake. Pretending to breathe like animals connects you to nature and your body in a fun way.



Snake Breath

1. Sit up tall and take a deep breath in through your nose.
2. Slowly breathe out through your mouth while making a soft sssss sound like a snake.
3. Try to make the ssssss sound last as long as you can.
4. Repeat 3–5 times, imagining you're a snake resting in the sun.

Bear Breath

1. Inhale slowly through your nose for a count of 4.
2. Hold your breath for a count of 4.
3. Exhale slowly through your mouth for a count of 4.
4. Pause for a count of 4 before beginning your next breath.
5. Repeat 3–5 times, imagining you are a bear in a cozy cave.



Why it helps:

Deep breaths tell your brain and body that it's safe to relax. When you breathe slowly and fully, it's like your whole self takes a peaceful pause.



ANIMAL STRETCHES

Stretching your body slowly is like a cat waking up in the sunshine or a bird stretching its wings before flying. Moving gently helps your muscles loosen and your mind settle.

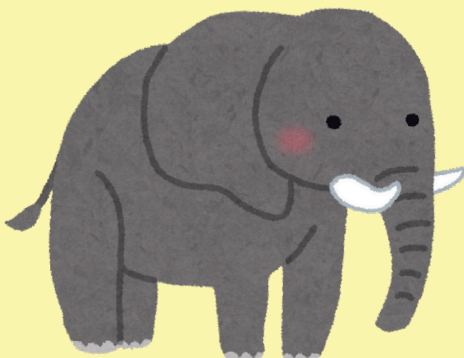
Cat Stretch

1. Get on your hands and knees like a cat.
2. As you breathe in, drop your belly, lift your head, and look up, like a happy cat.
3. As you breathe out, round your back like a scared cat and tuck your chin in to your chest.
4. Move slowly back and forth like this 3-5 times, just like a stretching kitty.



Elephant Stretch

1. Stand up with your feet wide apart, like a strong elephant.
2. Clasp your hands together and hang them down like an elephant trunk.
3. Take a deep breath in, then as you breathe out, slowly swing your trunk side to side.
4. Let your body gently sway with each breath, repeating 3-5 times.



Why it helps:

When you stretch like animals do, you release tension and feel more peaceful inside. It's a simple way to take care of your body and mind.



SENSES GROUNDING

When your mind feels busy or upset, paying attention to your five senses is like tuning in to the sounds, smells, and sights of a quiet meadow. It brings you back to right now, where you are safe and steady.



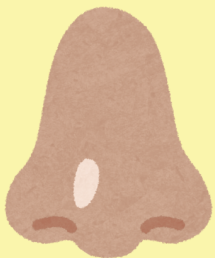
Look around and name 5 things you can see.



Touch and name 4 things you can touch.



Listen and name 3 things you can hear.



Sniff and name 2 things you can smell.



Taste one thing.

Why it helps:

Using your senses helps you feel grounded and calm. It reminds your brain that you're here, in this moment, and all is okay.

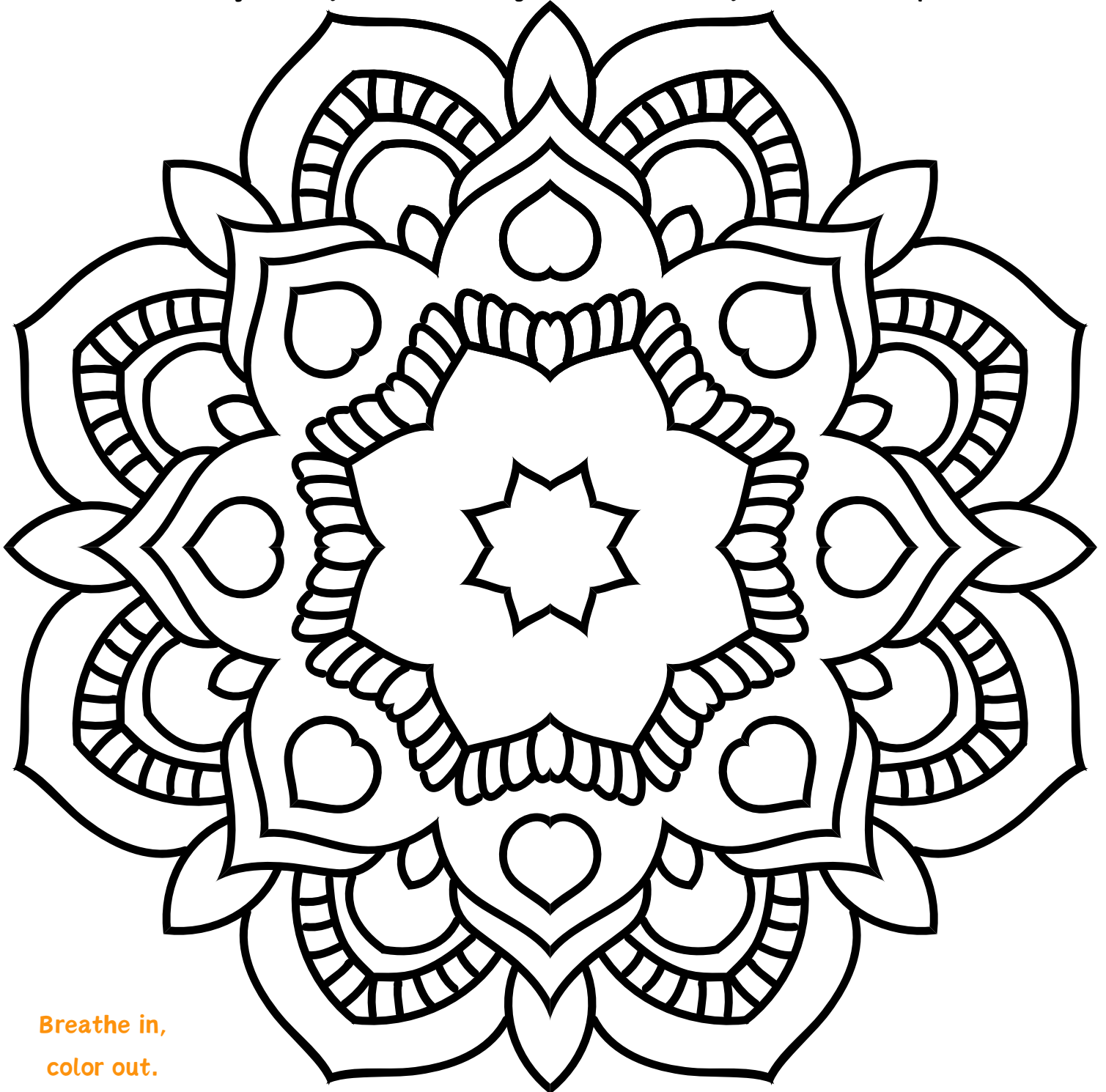


MINDFUL COLORING

Coloring a mandala is like watching the petals of a flower open slowly. When you focus on the patterns and colors, your mind finds a quiet, peaceful space to rest.

Why it helps:

This gentle focus helps your brain relax and your body feel calm. It's a quiet moment just for you — no rushing, no worries — only colors and shapes.



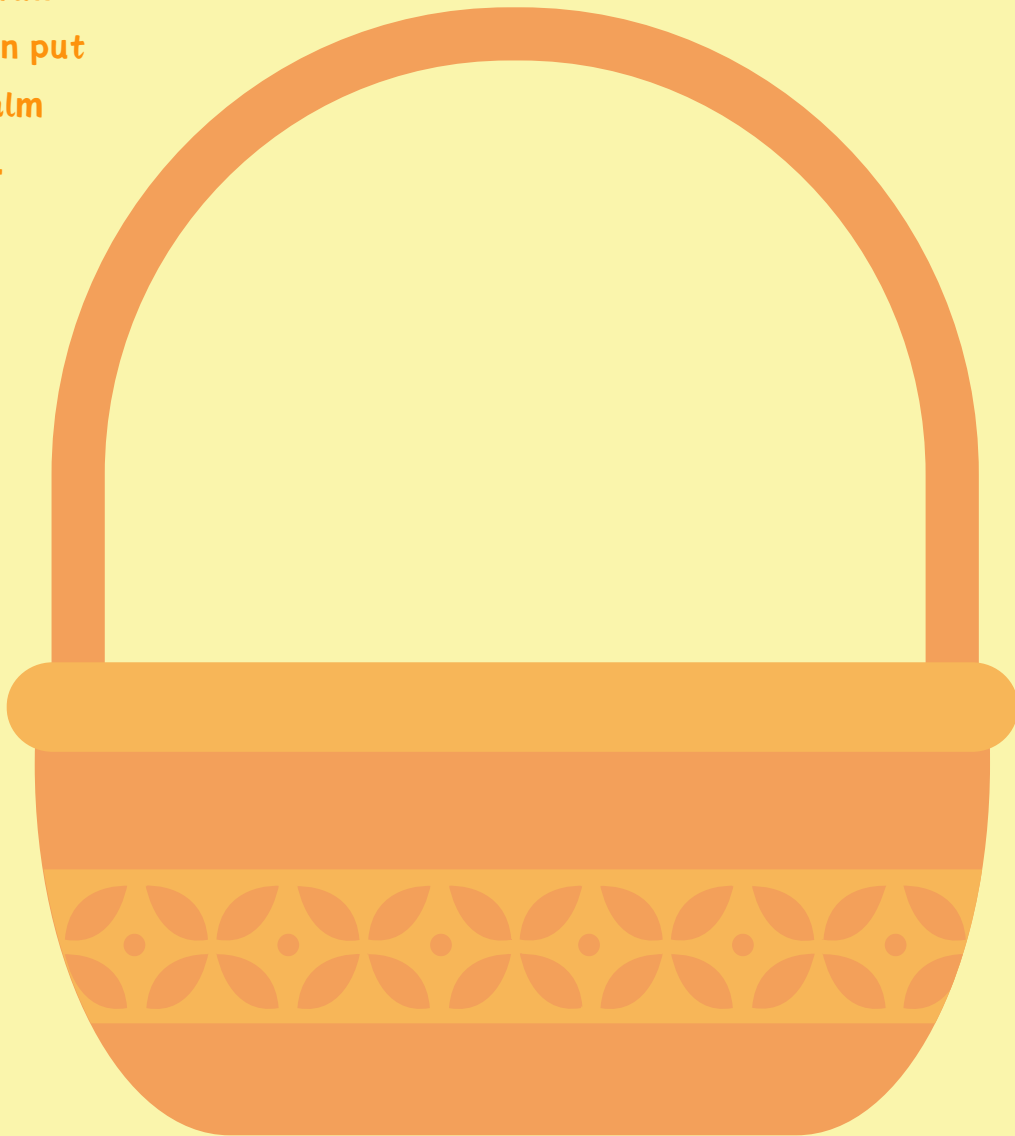
Breathe in,
color out.



BUILD YOUR CALM BASKET

Everyone has things that help them feel peaceful, like a basket full of nature's treasures. Your calm basket can hold whatever makes you feel safe and happy — a favorite book, a soft blanket, or a quiet song.

Write or draw
what you can put
in your calm
basket.



Why it helps:

Having your calm basket ready means that you can find comfort easily when you need it. It's like gathering kind moments to carry with you.





SUNSHINE LIST

Focusing on what you're thankful for is like noticing the warm sunlight even on cloudy days. It helps your mind see the good things, big and small, all around you.

Today I'm thankful for...

- 1.
- 2.
- 3.

One small happy moment from today was...

- 1.
- 2.
- 3.

People I am grateful for and why...

- 1.
- 2.
- 3.

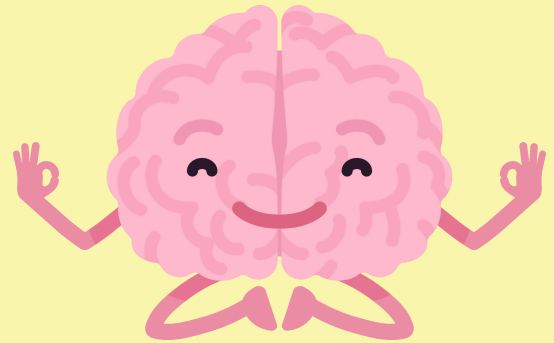
Why it helps:

Gratitude brings warmth to your heart and helps you feel happier and more peaceful.



What is Therapy?

Therapy is a safe space and judgment-free zone where you can talk about your thoughts and feelings with someone who listens and helps you find ways to feel better. It's a place to learn new skills, build confidence, and get support when life feels tough.



Why is Therapy Helpful?

- A safe space to share feelings
- Teaches tools to handle stress, anxiety, and emotions
- Better communication with friends & family
- More confidence in yourself
- Healing & support for tough experiences

Breaking the Stigma!

Taking care of your mental health is just as important as taking care of your physical health. Therapy isn't just for big problems –it's for anyone who wants to grow, heal, and feel their best. Asking for help is a sign of strength!

Let's Normalize Therapy!

- It's okay to ask for help.
- You don't have to go through things alone.
- Everyone deserves support and care.

Your mental health matters.

You matter.

Therapy is here to help you feel heard, understood, and stronger everyday!



FREE THERAPY SERVICES IN PALM BEACH COUNTY!

IN-PERSON AND TELEMENTAL HEALTH SERVICES OFFERED FOR AGES 0-22

Education & Training Center

100 Australian Ave, Suite 210, West Palm Beach, FL 33406
(561) 233-4460

Highridge Family Center (Residential)

4200 N. Australian Ave, West Palm Beach, FL 33407
(561) 625-2540

Youth & Family Counseling – West County

38754 State Road 80, Belle Glade, FL 33430
(561) 992-1233

Youth & Family Counseling – North County

3188 PGA Blvd., Room 1436, West Palm Beach, FL 33410
(561) 242-5714

Youth & Family Counseling – South County

345 S. Congress Ave, West Palm Beach, FL 33445
(561) 276-1340

Youth & Family Counseling – Four Points

50 S. Military Trail, Suite 203, West Palm Beach, FL 33415
(561) 242-5714

pbc.gov/youthservices

