

I Calm My Monkey Mind by:

Taking a deep breath

I Calm My Monkey Mind by:

Listening to the sounds around me

I Calm My Monkey Mind by:

Sitting still and thinking about clouds

I Calm My Monkey Mind by: Holding  
my hands on my heart and sending love  
to my favorite animal/pet

I Calm My Monkey Mind by:

Stretching like a cat and a cow

I Calm My Monkey Mind by:  
Imagining a special place to rest in

I Calm My Monkey Mind by:  
Giving myself a hug

I Calm My Monkey Mind by:  
Squeezing my hands together and  
breathing deep

I Calm My Monkey Mind by:  
Blowing bubbles and placing my worry  
thoughts inside

I Calm My Monkey Mind by:  
Coloring a mandala picture

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