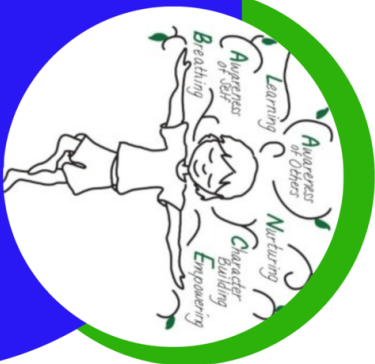
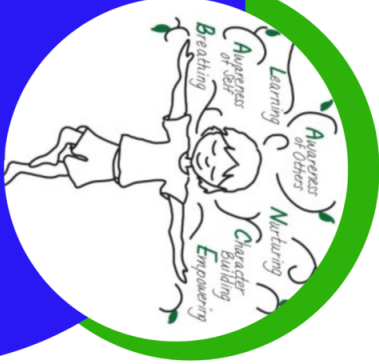


**Mindful Moment Cards
for Kids**



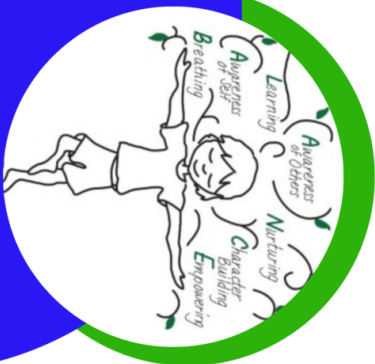
WWW.BALANCE4KIDS.NET

**Mindful Moment Cards
for Kids**



WWW.BALANCE4KIDS.NET

**Mindful Moment Cards
for Kids**



WWW.BALANCE4KIDS.NET

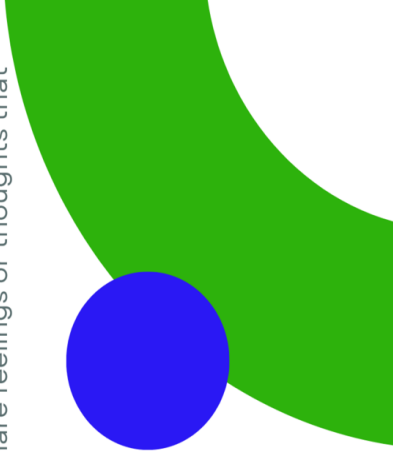
**Mindful Moment Cards
for Kids**



WWW.BALANCE4KIDS.NET

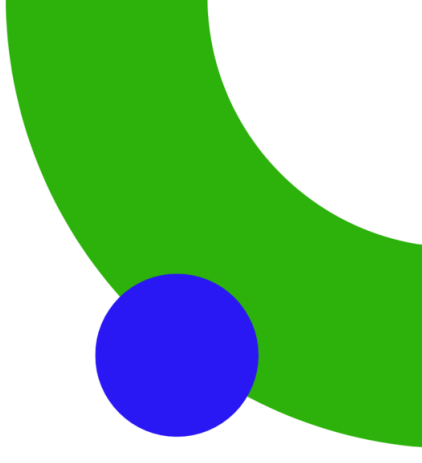
Picking one card per session is recommended.

1. Prepare space with low light and quiet.
2. Participants should take in a few breaths through the nose slowly and exhale slowing with eyes closed or in a soft gaze.
3. Adults may read the card to younger children, while older children may want to read and share the quote.
4. Spend a moment letting the quote settle in while continuing to sit with eyes closed or softened.
5. Repeat the quote and possible share feelings or thoughts that arise.

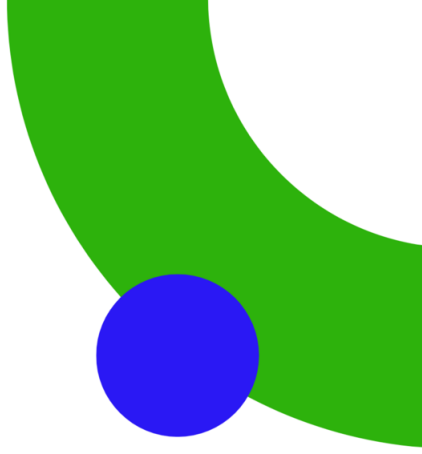


The best time to relax is when you don't have time for it."

- Sydney J. Harris

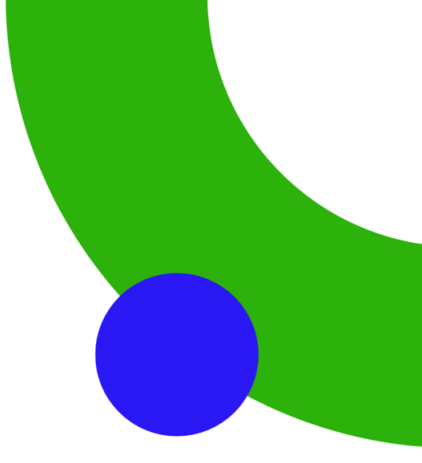


"In every moment, there is something beautiful to behold." - Unknown

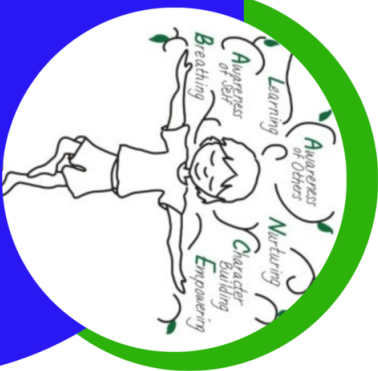


"Happiness is not something you find, it's something you create."

- Sharon Salzberg

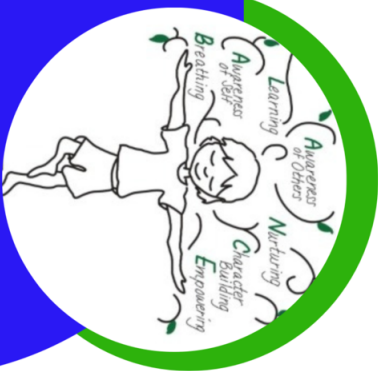


Mindful Moment Cards for Kids



WWW.BALANCE4KIDS.NET

Mindful Moment Cards for Kids



WWW.BALANCE4KIDS.NET

Mindful Moment Cards for Kids



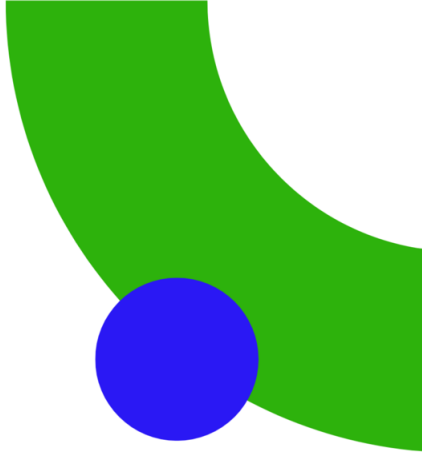
WWW.BALANCE4KIDS.NET

Mindful Moment Cards for Kids

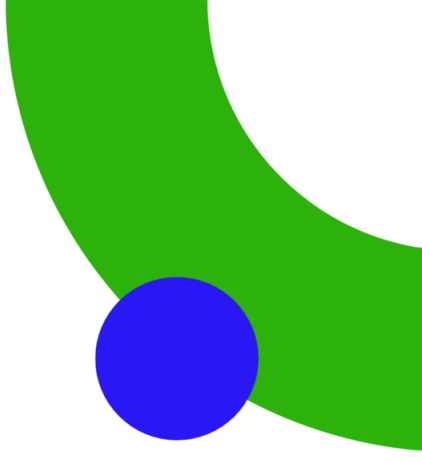


WWW.BALANCE4KIDS.NET

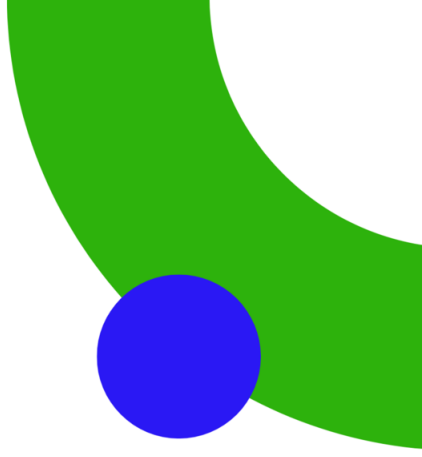
"Worrying does not take away
tomorrow's troubles, it takes away
today's peace." - Randy Armstrong



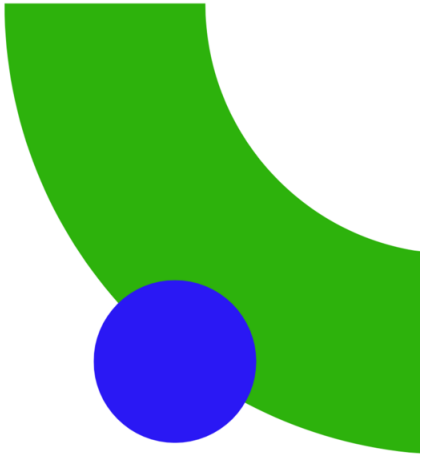
"Peace begins with a smile."
- Mother Teresa



"The quieter you become, the more
you can hear." - Ram Dass



"Life is a balance of holding on and
letting go." - Rumi



Mindful Moment Cards
for Kids



WWW.BALANCE4KIDS.NET

Mindful Moment Cards
for Kids



WWW.BALANCE4KIDS.NET

Mindful Moment Cards
for Kids



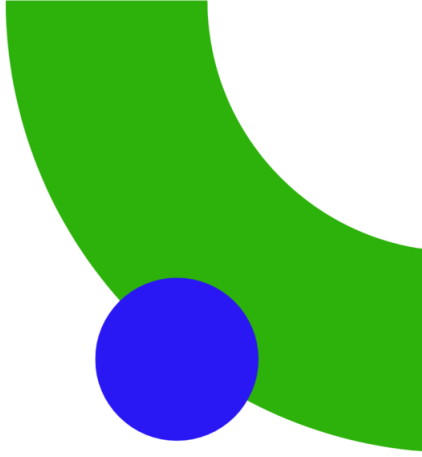
WWW.BALANCE4KIDS.NET

Mindful Moment Cards
for Kids

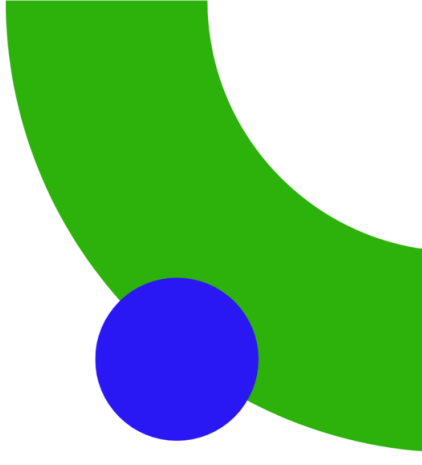


WWW.BALANCE4KIDS.NET

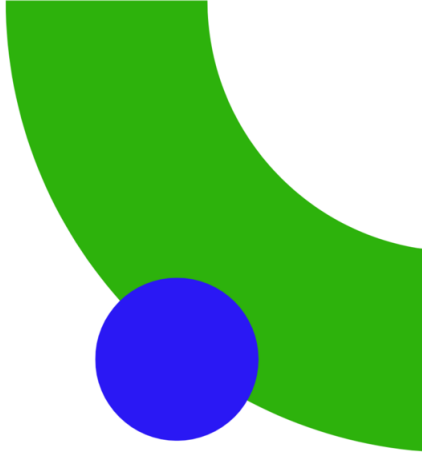
"Breathe, it's just a bad moment, not a bad day, not a bad life." - Unknown



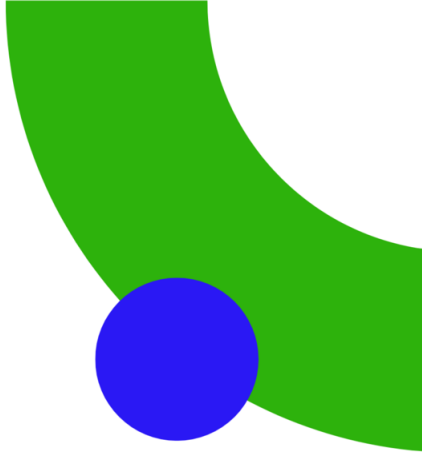
"When you focus on your breath, you give your mind a rest."
- Sharon Salzberg



"Happiness is not something you find, it's something you create."
- Unknown



"The present moment is a gift. That's why it's called the present."
- Bill Keane



Mindful Moment Cards
for Kids



WWW.BALANCE4KIDS.NET

Mindful Moment Cards
for Kids



WWW.BALANCE4KIDS.NET

Mindful Moment Cards
for Kids



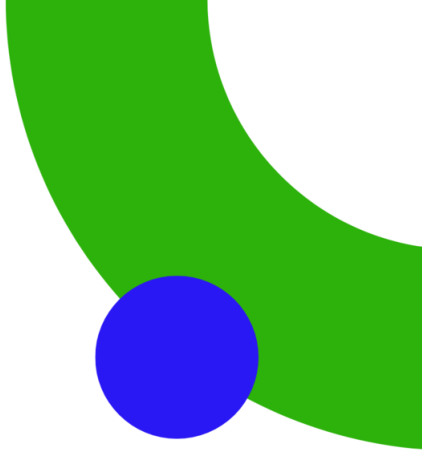
WWW.BALANCE4KIDS.NET

Mindful Moment Cards
for Kids

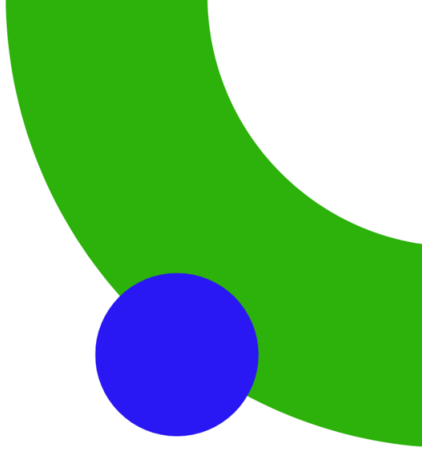


WWW.BALANCE4KIDS.NET

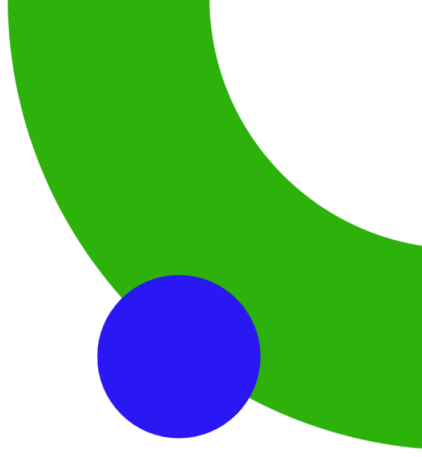
"Breathe in peace, breathe out love." - Thich Nhat Hanh



"Your thoughts are like clouds, let them pass by without getting caught up in them." - Unknown



"When you're feeling overwhelmed, take a deep breath and remind yourself that you can handle anything."
- Unknown



"Take a deep breath, and let it out slowly. Feel your body relax, and your mind become calm. You are here, in this moment, and everything is okay."
- Unknown

