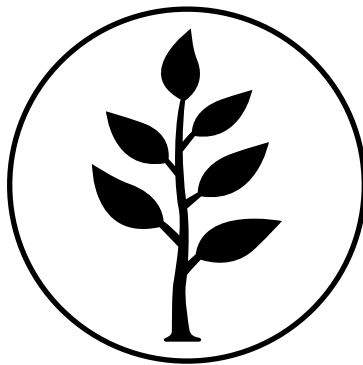


*My Mini
Mindful Journal*



Created by Coriaria, LLC
Learn more at coriaria.com & my mindfulmat.com



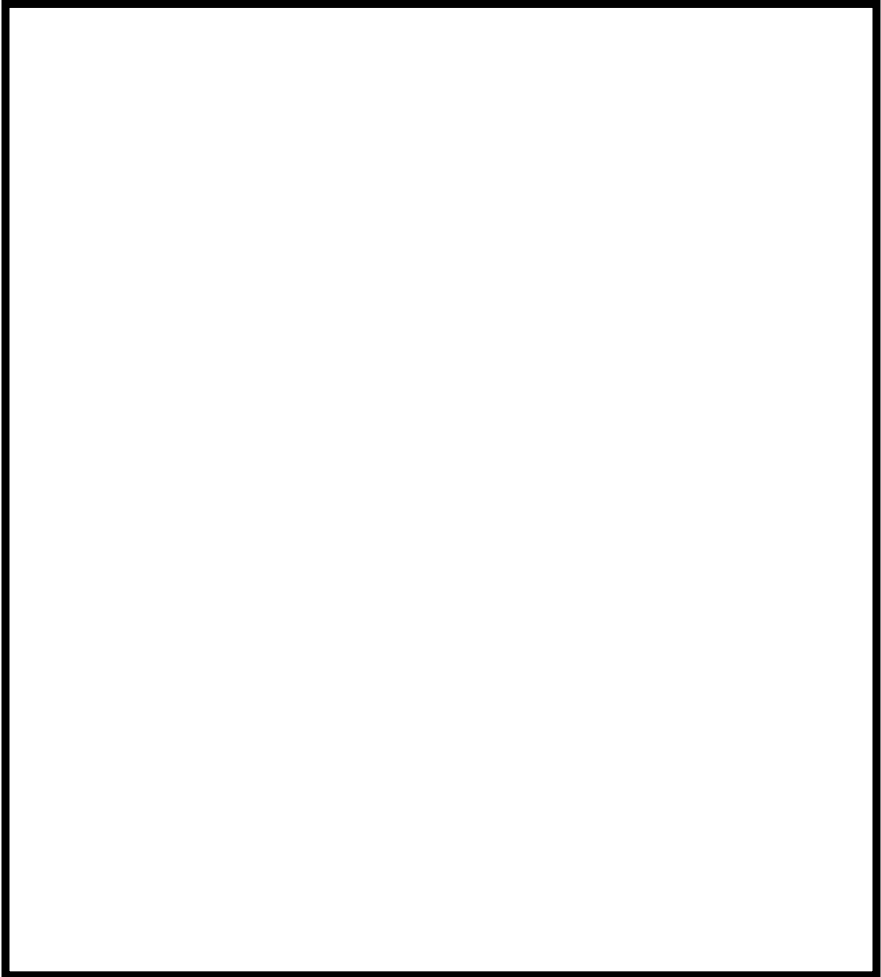
Welcome to *My Mini Mindful Journal*.

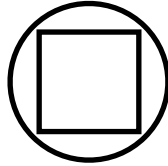
Here you'll find 30 days of mindfulness activities to help you reflect, relax, refocus, and recenter. We hope you enjoy your journey through these pages.

Instructions:

1. Find a peaceful place for yourself (such as under a tree or in a comfortable corner of your home).
2. Do one activity from the journal. You may choose to do them in order or skip around.
3. Repeat once-per-day for 30 days.
4. As you finish activities, color in the corresponding bubble on the back of the book.
5. Share your experience with us by e-mailing hello@coriaria.com or reaching out on one of our social media platforms. (Kids make sure to get your parent's permission!)

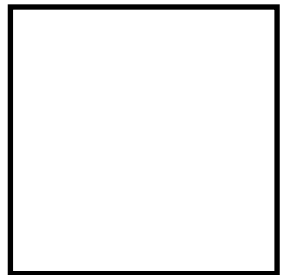
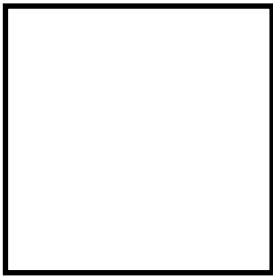
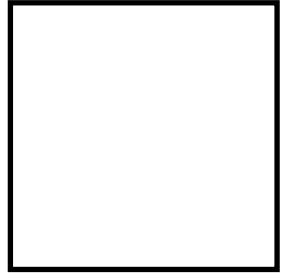
This journal belongs to:

A large, empty rectangular box with a thick black border, intended for the user to write the name of the person to whom the journal belongs.



Mindful Activity 1
Color Matching

1. Use crayons or colored pencils to fill in the boxes with a random color.
2. Find something around you that matches those colors.
3. Next to each color, draw your observation.
4. Next to your drawing, write details that you notice about it (How big is it? What texture does it have? What sound does it make? How does it make you feel?)





Mindful Activity 2
Breath Drawing

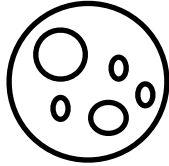
1. Place your hand on your stomach.
2. Breathe in and out deeply 5 times.
3. Draw or write a description below of what you imagine your breath looks like. (For example, does it look like a boat riding up and down on the waves?)



Mindful Activity 3
Emotion Reflecting

1. Look at the following emotions.
2. In their mouths, write the emotions they represent.
3. Around the faces, write times you have felt that way.

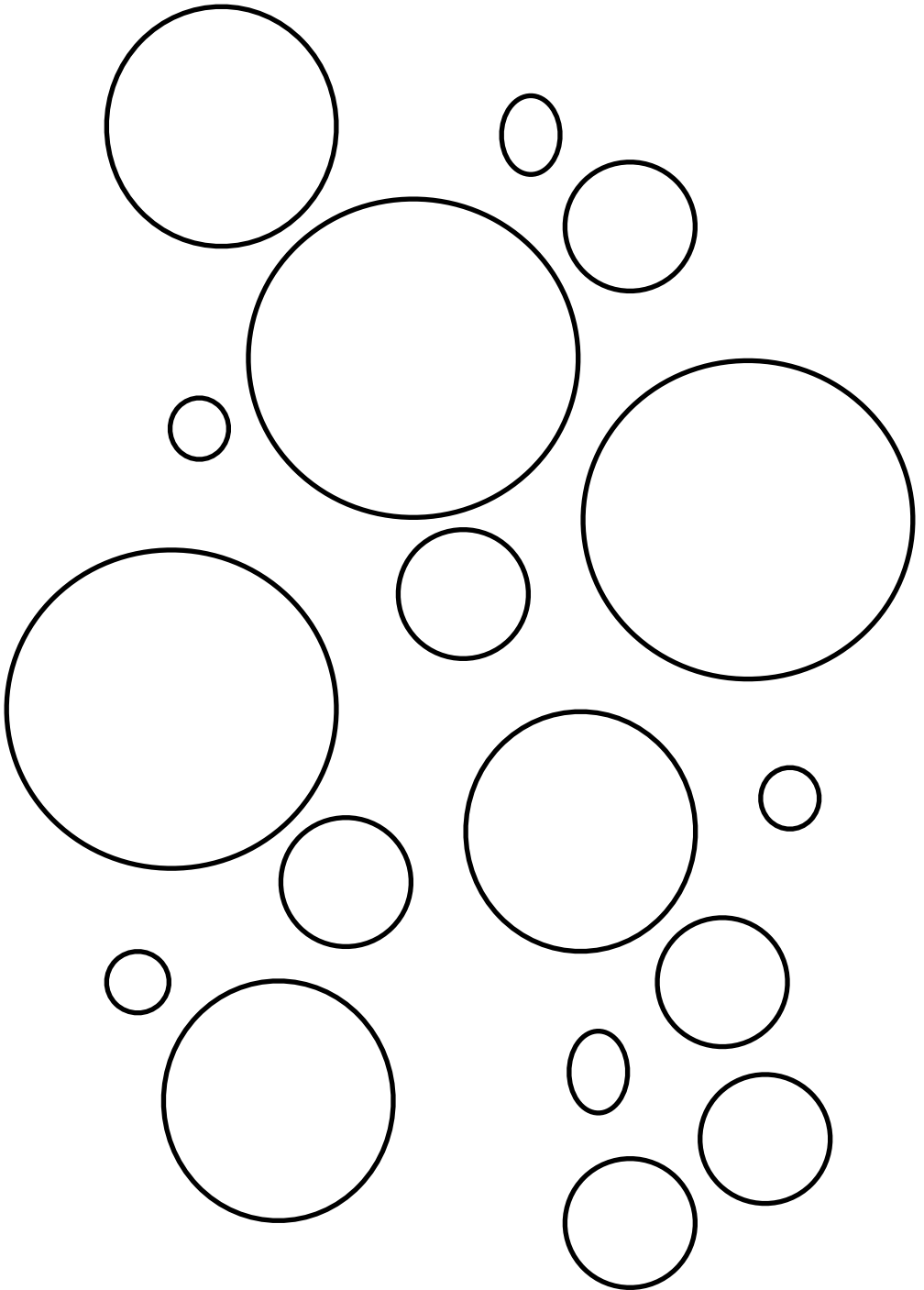




Mindful Activity 4

Thought Bubbling

1. Let your thoughts flow in and out like bubbles.
2. As you sit and think, write some of your thoughts in the bubbles. (Write or draw “big” thoughts in the big bubbles and “little” thoughts in the little bubbles).

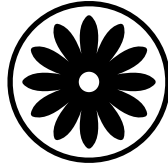




Mindful Activity 5
Sound Plotting

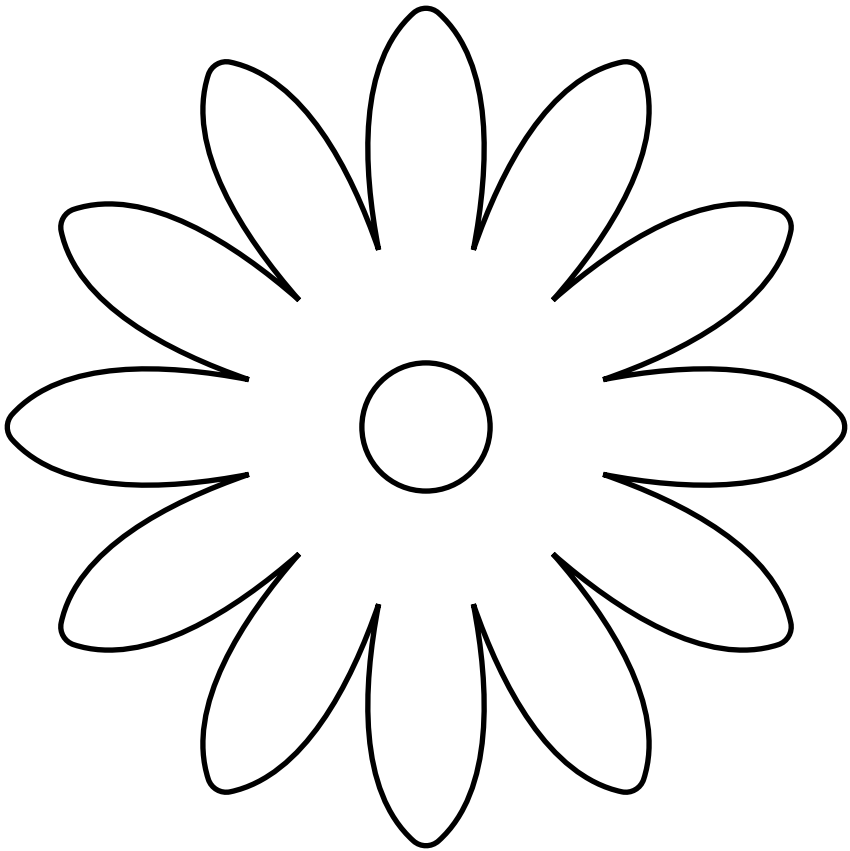
1. On the top half of the page, write (with words) the things that you hear in front of you, to the sides of you, and behind you.
2. On the lower half of the page, draw pictures of what you heard.

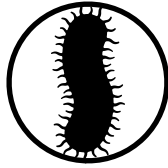




Mindful Activity 6
Gratitude Growing

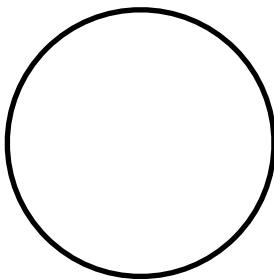
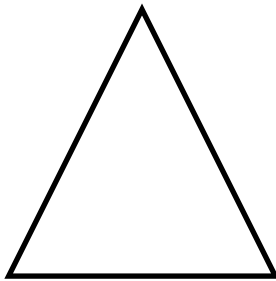
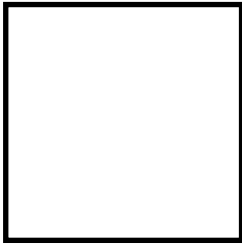
1. On each of the petals, write something you are grateful for.
2. Around the outside of the flower, write words that describe how those things make you feel or why you are grateful for them.

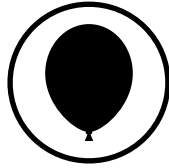




Mindful Activity 7
Texture Charting

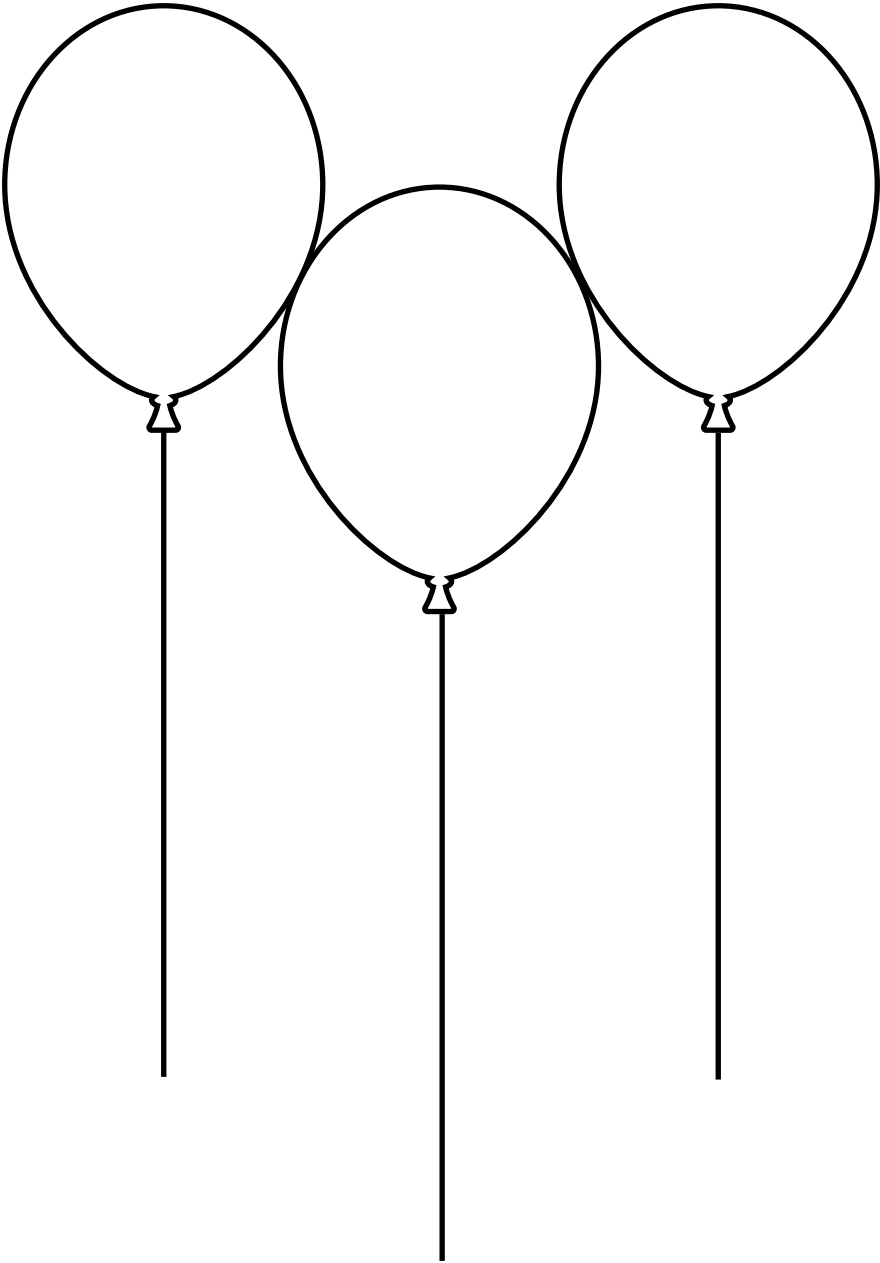
1. Look around you and find items that are each of the shapes.
2. Feel each item slowly with your fingers.
3. Inside each shape, draw the texture you felt.





Mindful Activity 8
Trouble Ballooning

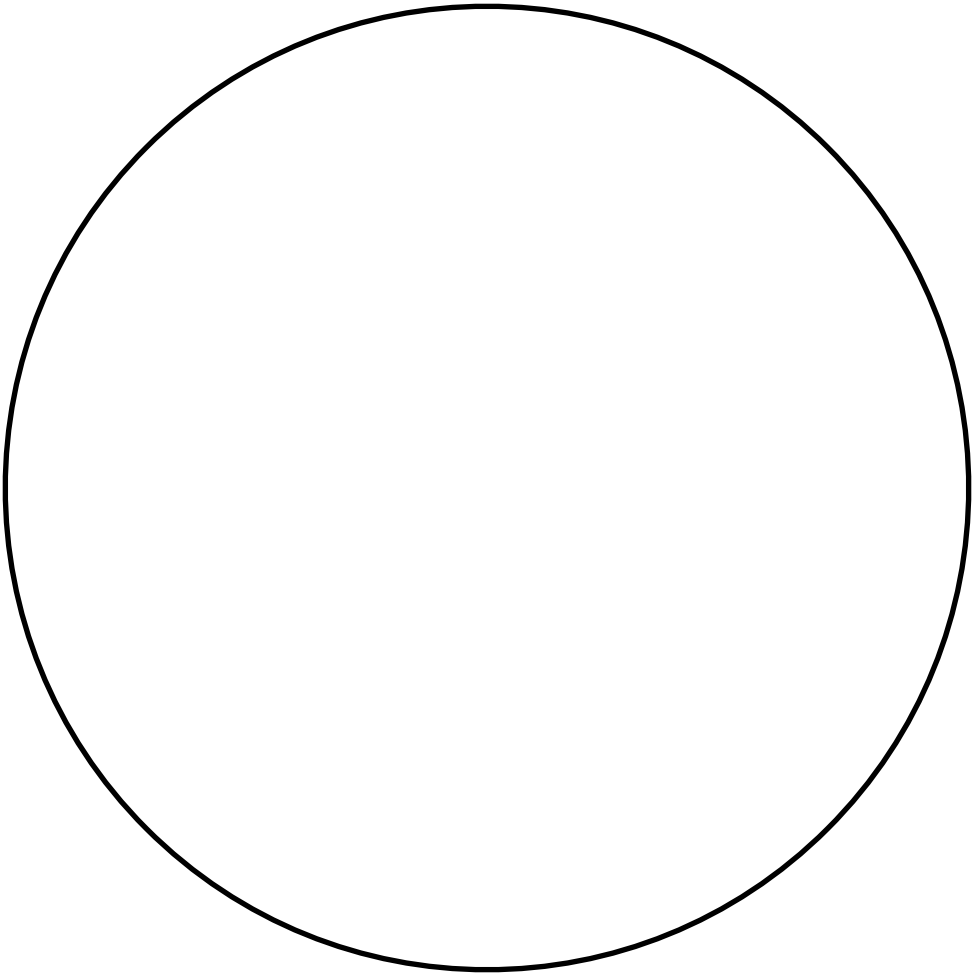
1. In each of the balloons, write something that has troubled you.
2. On the string of the balloon, write something that makes you feel better about that situation.
3. Imagine the balloons floating away.

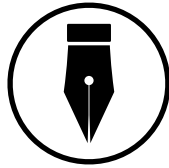




Mindful Activity 9
Time Pie Chunking

1. Think about your day yesterday.
2. Make “slices” in the pie to represent how much time you used doing different activities.
3. Label each slice.
4. Color the slices based on how good those activities made you feel (Green = Great, Blue = Good, Yellow = Ok, Red = Bad).





Mindful Activity 10
Lettering To You: Past

1. Choose a specific time in your past.
2. Write a letter to yourself as if your past self was here today.

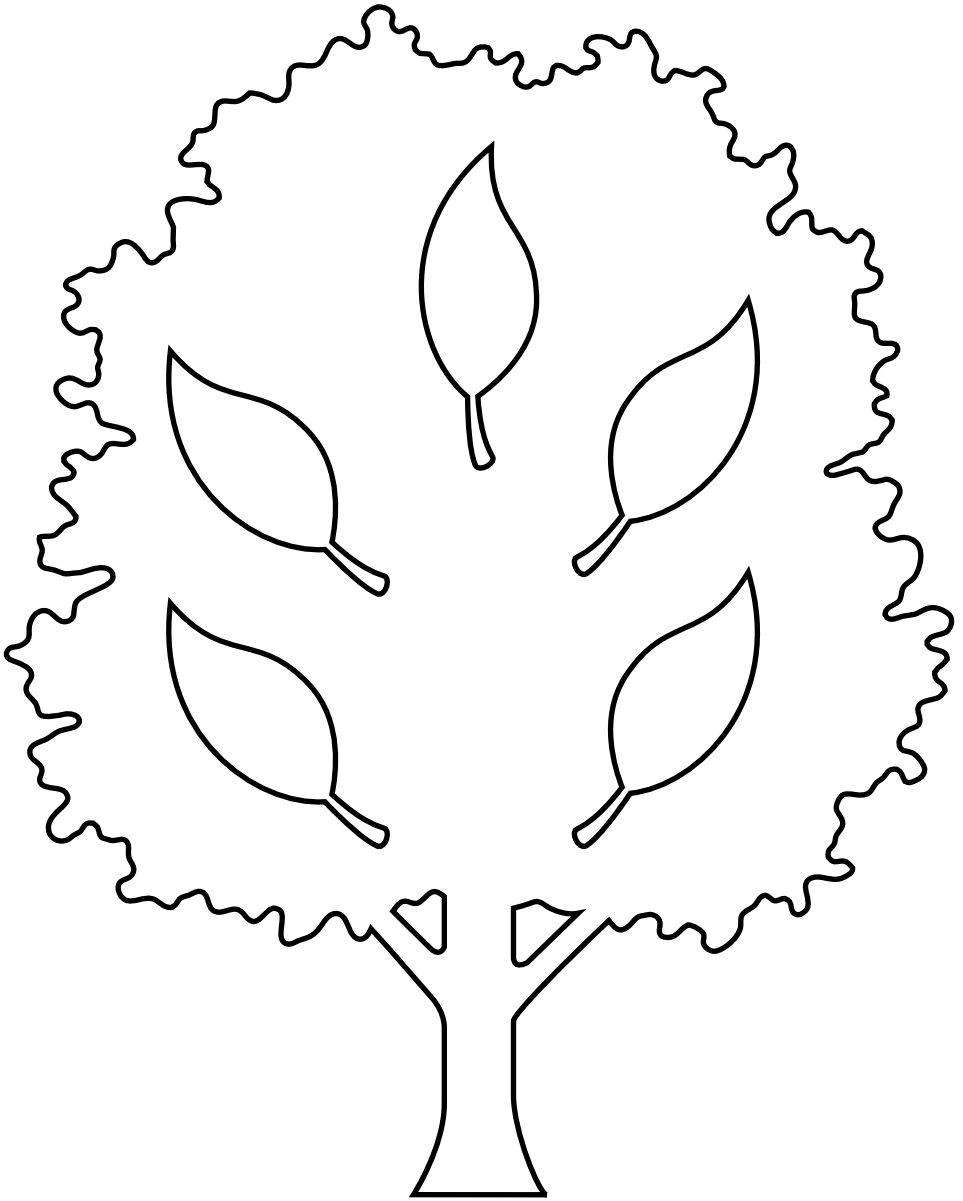
Dear _____,

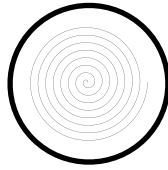
Love Always,



Mindful Activity 11
Family Tree Leafing

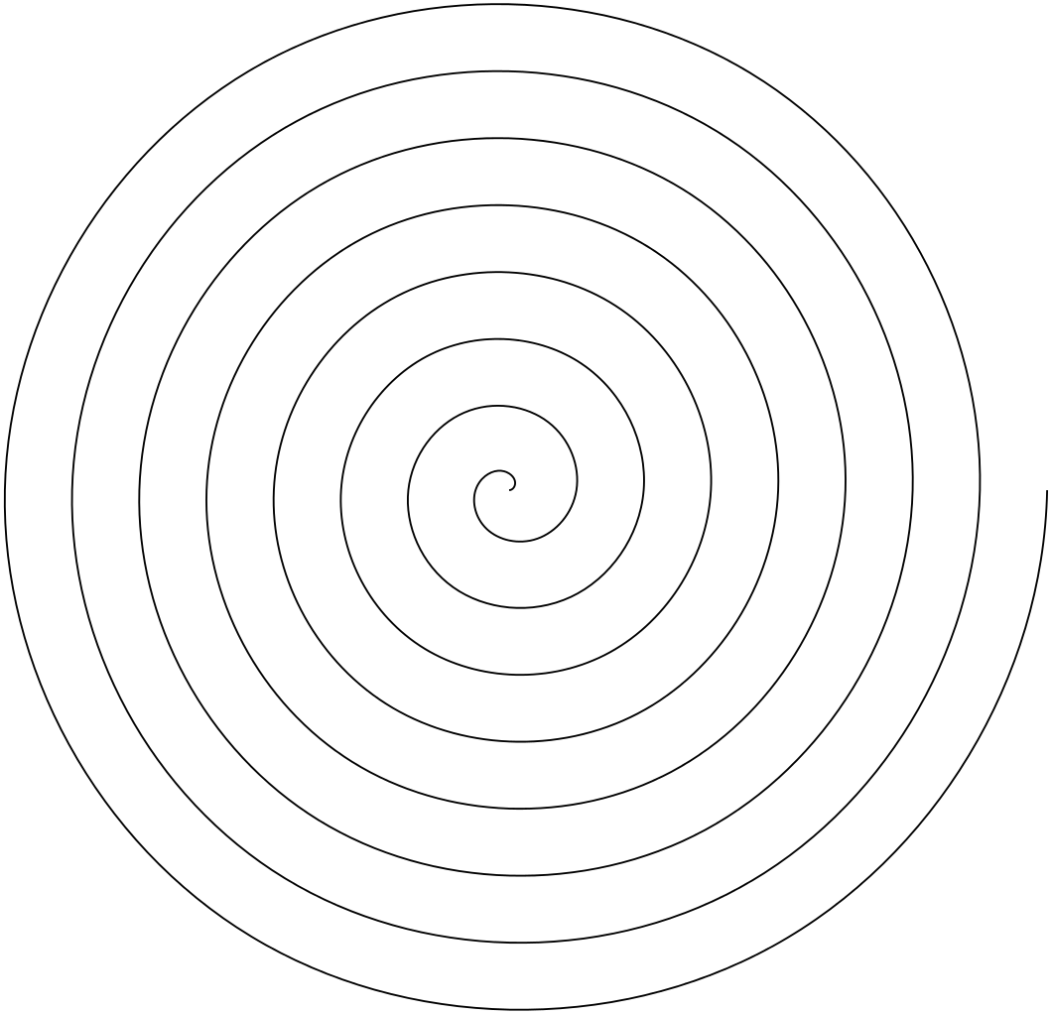
1. On each leaf, write the name of a family member.
2. Around each leaf, write thoughts and feelings you have about that person.





Mindful Activity 12
Thought Spirling

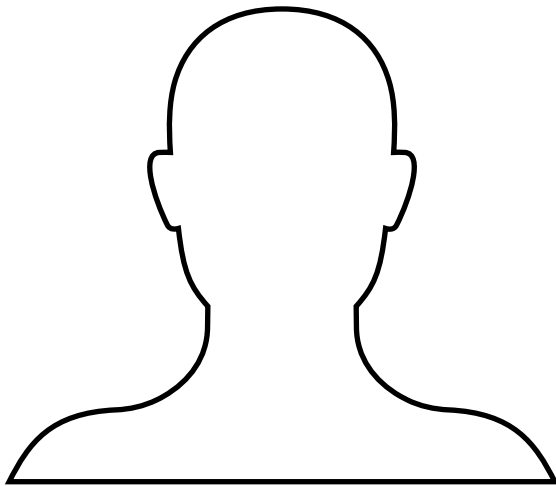
1. Start in the center of the spiral.
2. Working outwards, write any thoughts that come to mind until you reach the end.

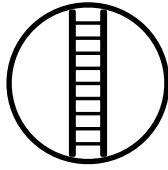




Mindful Activity 13
Self Respecting

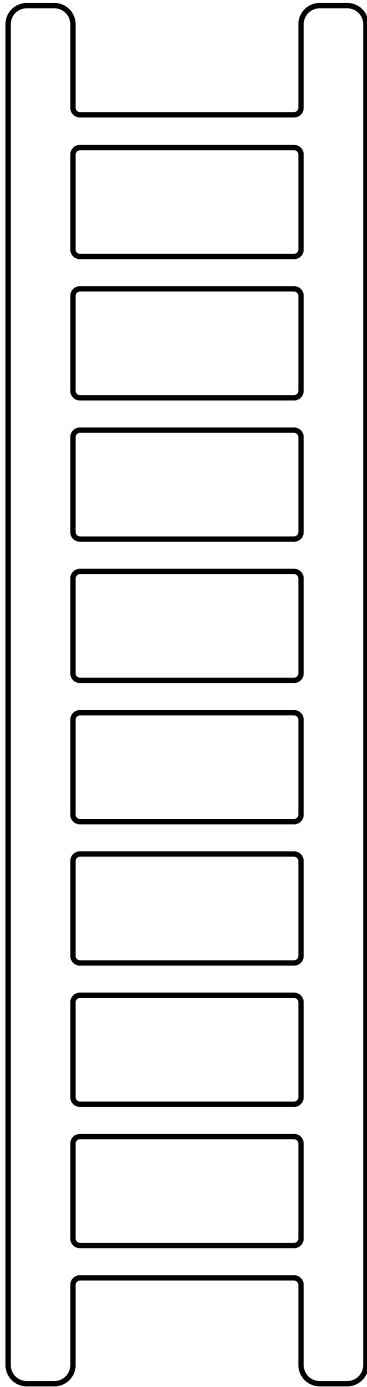
1. Write your name on the “person.”
2. Around the outside, write uplifting words that describe you.





Mindful Activity 14
Goal Climbing

1. At the top of the ladder, write a goal you have.
2. On each step of the ladder, write something you will do to get closer to that goal.





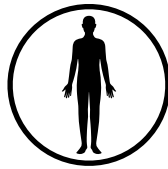
Mindful Activity 15

Lettering to You: Encouragement

1. Think about something that is discouraging.
2. Write an encouraging letter to yourself.

Dear _____,

Love Always,



Mindful Activity 16
Body Talking

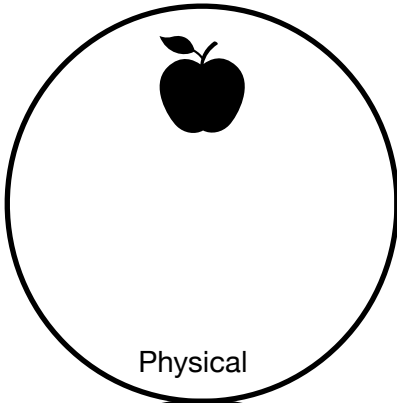
1. Pay attention to how your body feels.
2. If your body could talk, what would it say? Write those ideas in the speech bubbles.



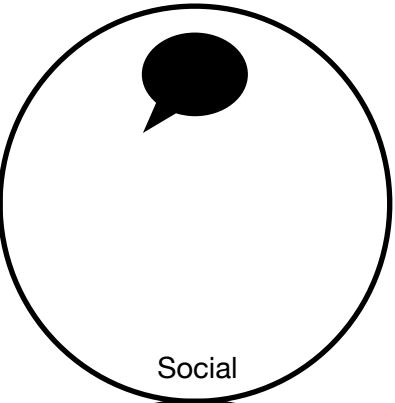


Mindful Activity 17
Life Balancing

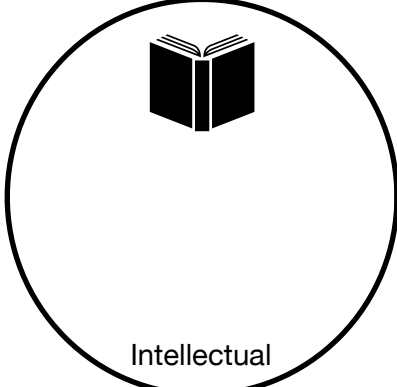
1. Think about your day.
2. In each of the balanced topics, write something you do or will do to strengthen that part of your life.



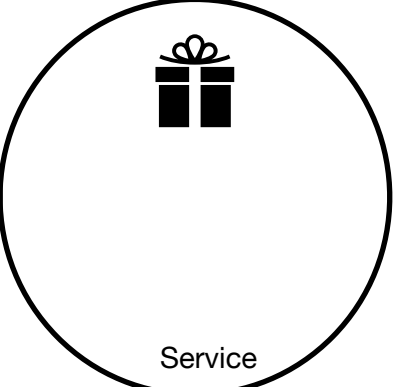
Physical



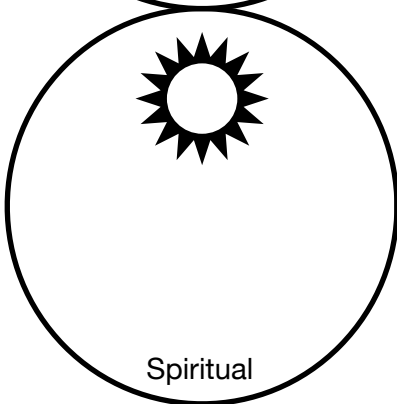
Social



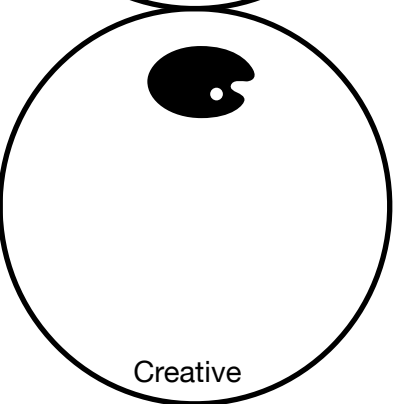
Intellectual



Service



Spiritual

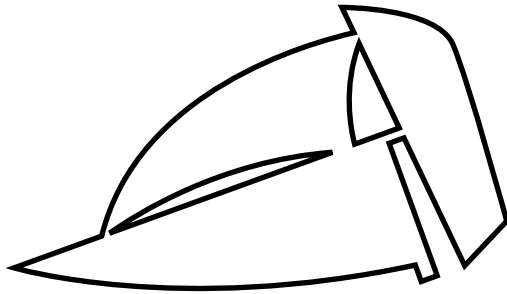
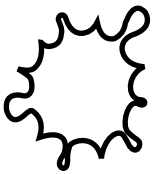
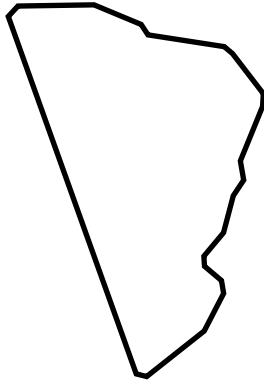


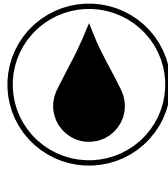
Creative



Mindful Activity 18
Shaping

1. Look at the shapes. What do they look like?
2. Draw on the shapes to turn them into something new.
3. Reflect on your ability to shape things in your life.



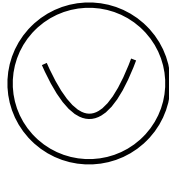


Mindful Activity 19
Lettering to You: Apology

1. Think about a time that you did or thought something that you regret.
2. Write a note apologizing to yourself as if you were actually there.

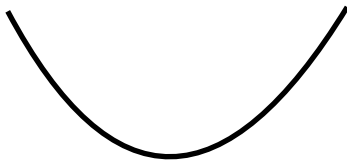
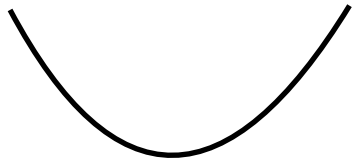
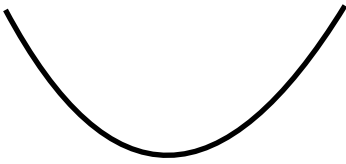
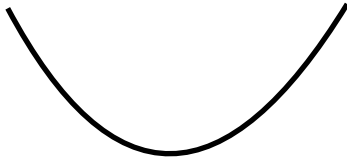
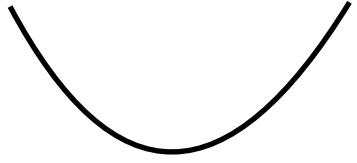
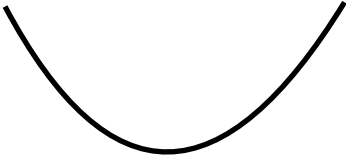
Dear _____,

Love Always,



Mindful Activity 20
Thought Smiling

1. Think of things that make you happy.
2. Write those things along the smile curves.

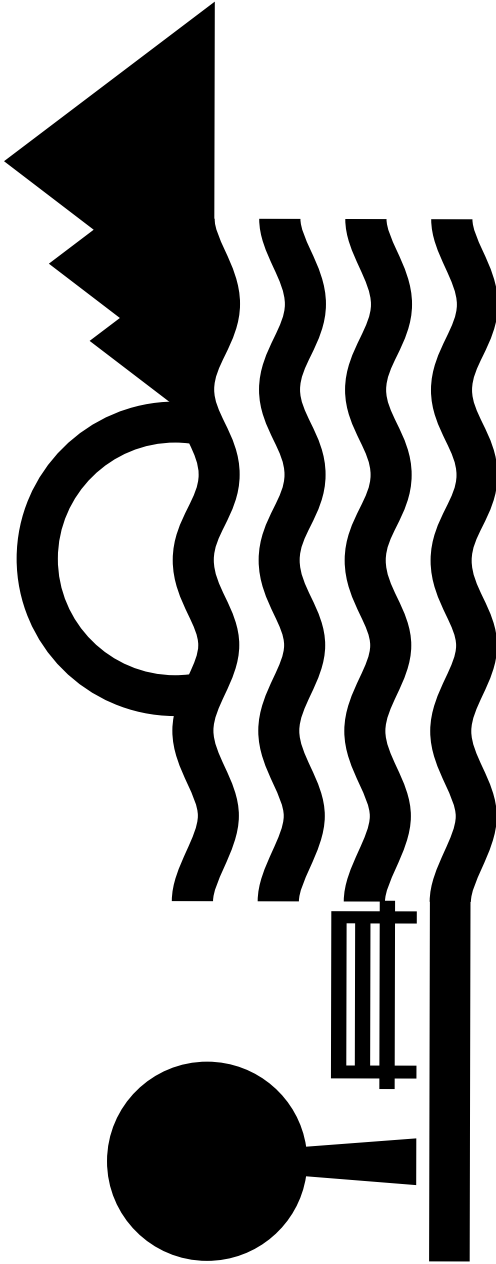




Mindful Activity 21

Inspiration Imaging

1. Look at the sunrise drawing. Imagine sitting on the bench.
2. On the waves, write what brings you peace.
3. On the tree, write what gives you life.
4. On the mountain, write what brings you strength.
5. On the sun, write what brings you light and joy.

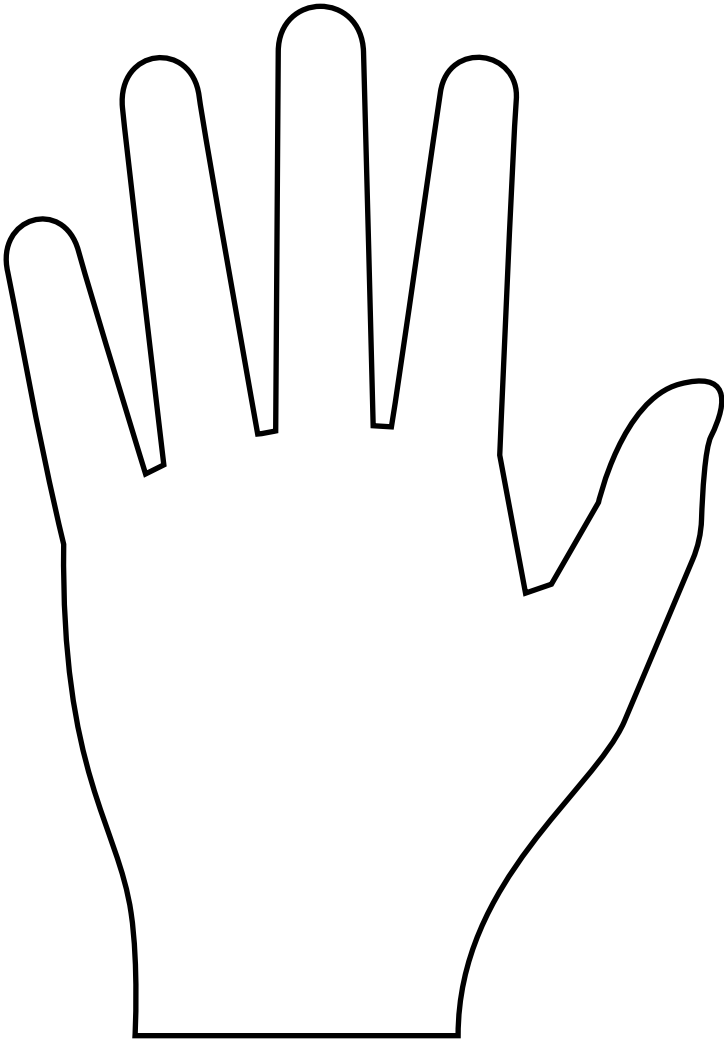


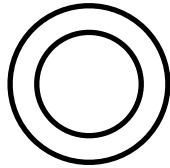


Mindful Activity 22

Self Sensing

1. Pay attention to your senses.
2. Write what you feel, hear, smell, taste, and see on each finger of the hand.
3. On the palm of the hand, write your emotions and thoughts.

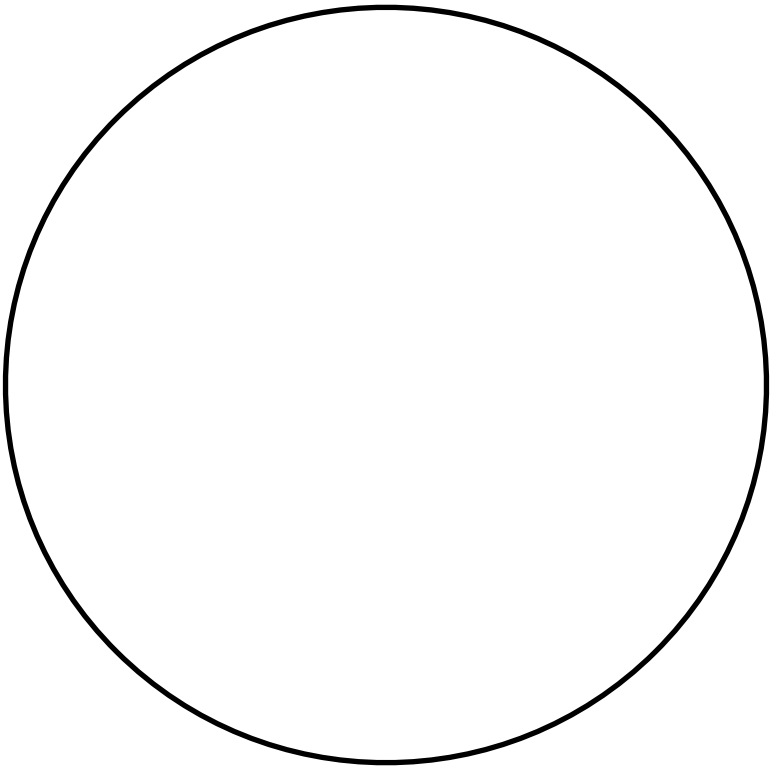




Mindful Activity 23

Control Centering

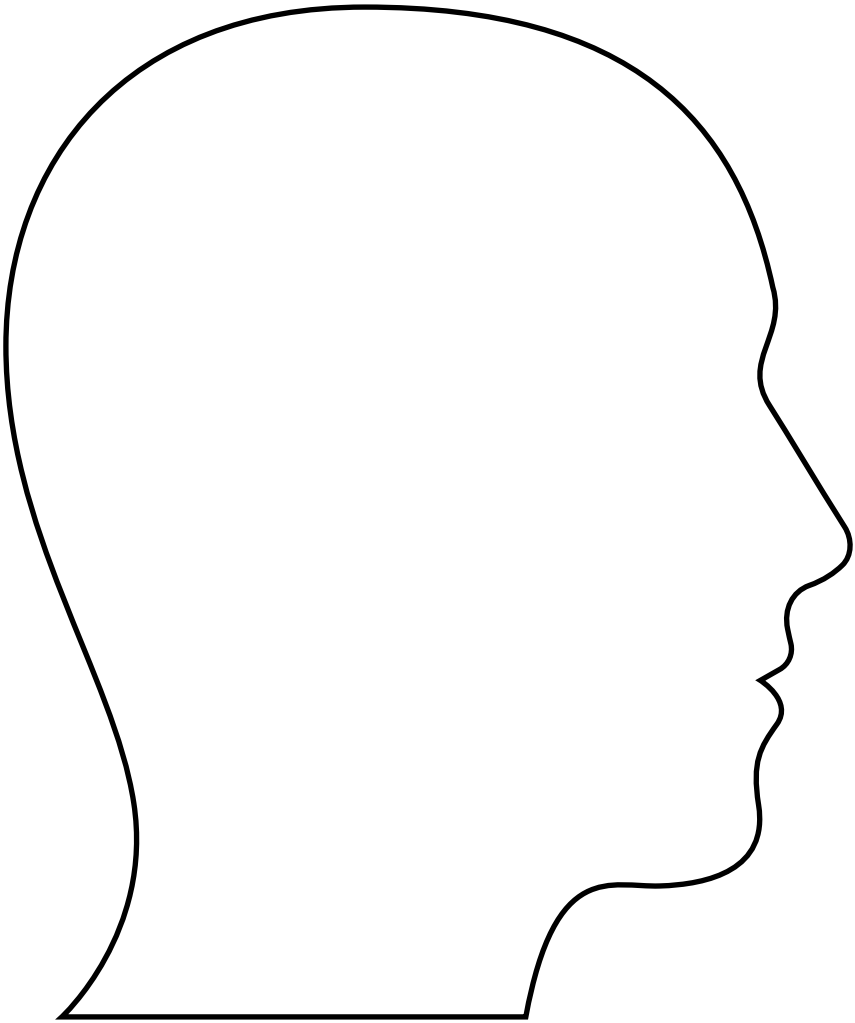
1. Think of your life right now.
2. Write things that are currently in your control in the the circle.
3. Write things that are out of your control outside of the circle.

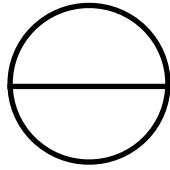




Mindful Activity 24
Internal Texturing

1. Pay attention to your thoughts and feelings.
2. Draw textures to represent those thoughts and feelings.



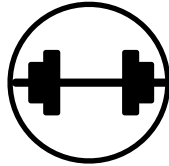


Mindful Activity 25

Day Reflecting

1. Above the line, write things that you did today.
2. Below the line, across from your actions, write how you felt about it.

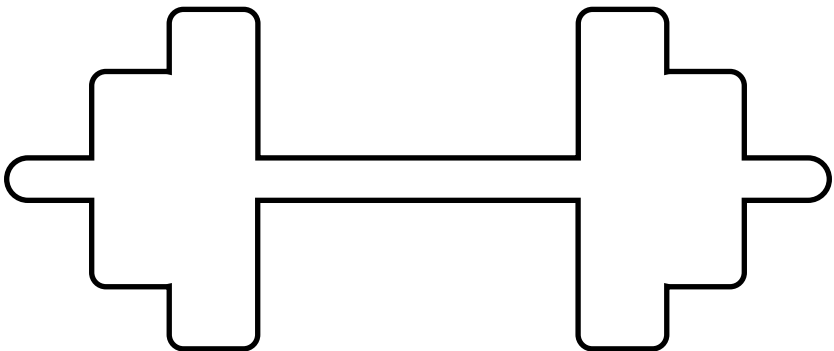
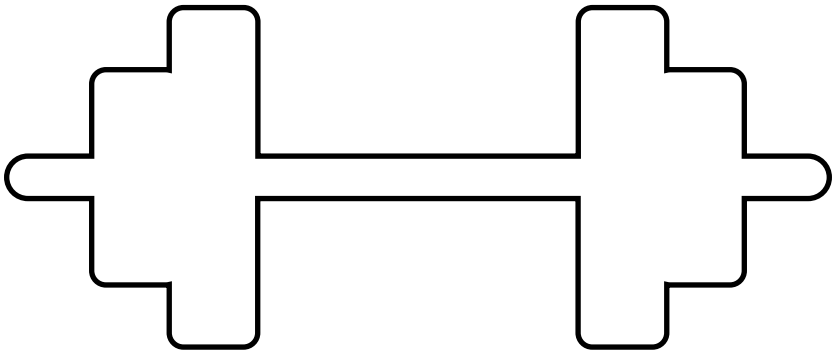
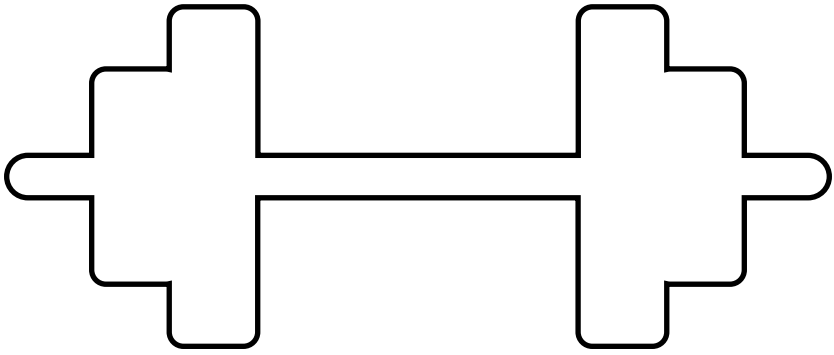


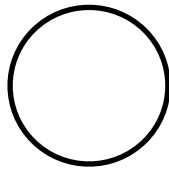


Mindful Activity 26

Weakness Strengthening

1. Write something you consider to be one of your weaknesses on the left side of the “barbell.”
2. On the right side of the barbell, write one way that weakness could become a strength.





Mindful Activity 27
“Just” Thinking

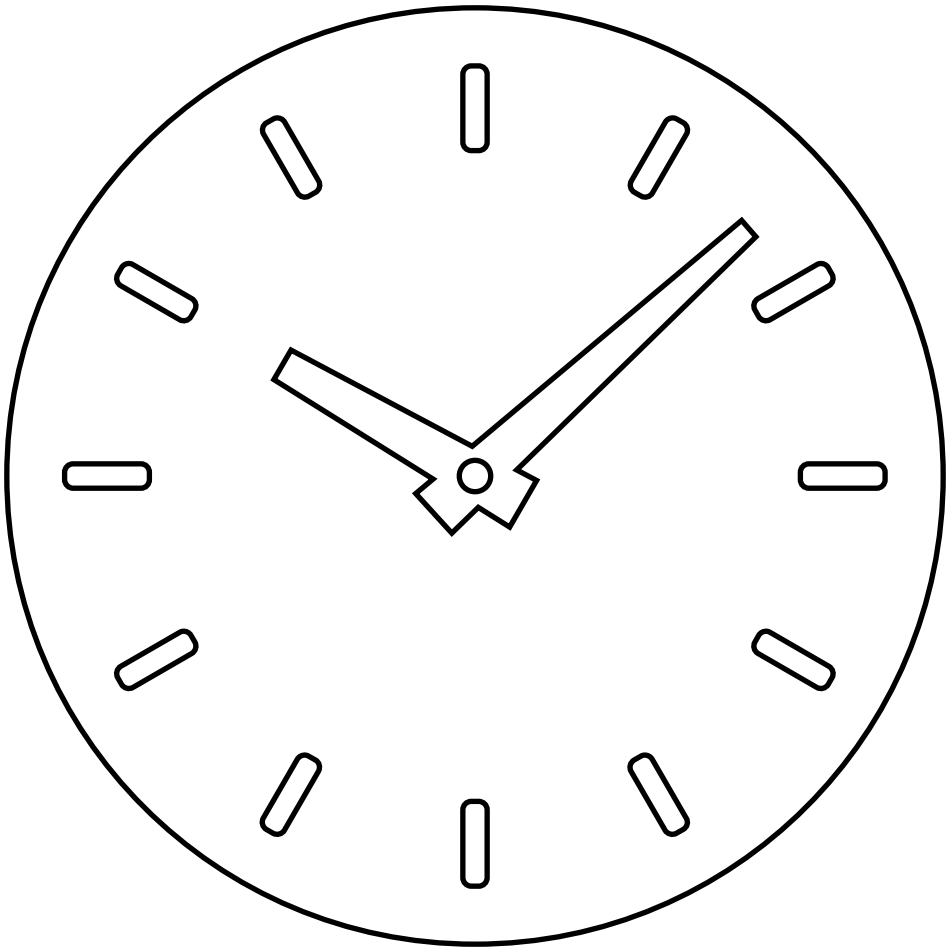
1. On the blank page, write down (or doodle) anything that comes to mind however you want.

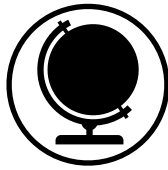


Mindful Activity 28

Day Coloring

1. Reflect on the past 12 hours.
2. Use crayons or colored pencil to color your day based on how you felt each hour. (Red = Mad, Yellow = Anxious, Blue = Calm, Orange = Excited, Green = Happy, Purple = Other).

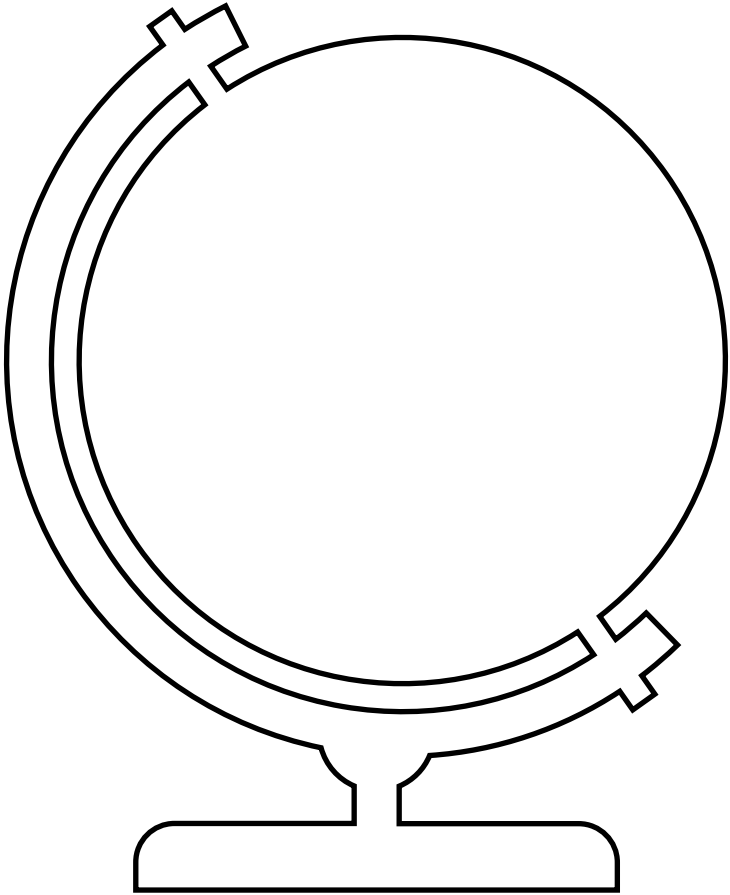


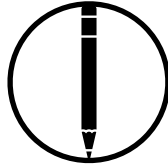


Mindful Activity 29

Perspective Mapping

1. On the globe, write words or draw pictures of things that are important in your life.
2. Think about how your world map may look different from someone else's.





Mindful Activity 30
Lettering to You: Future

1. Choose a specific time in your future.
2. Write a letter to yourself as if your future self was here today.

Dear _____,

Love Always,