
Quick Calm
Mini Mindfulness Plan
Wolf and Whimsy Kids

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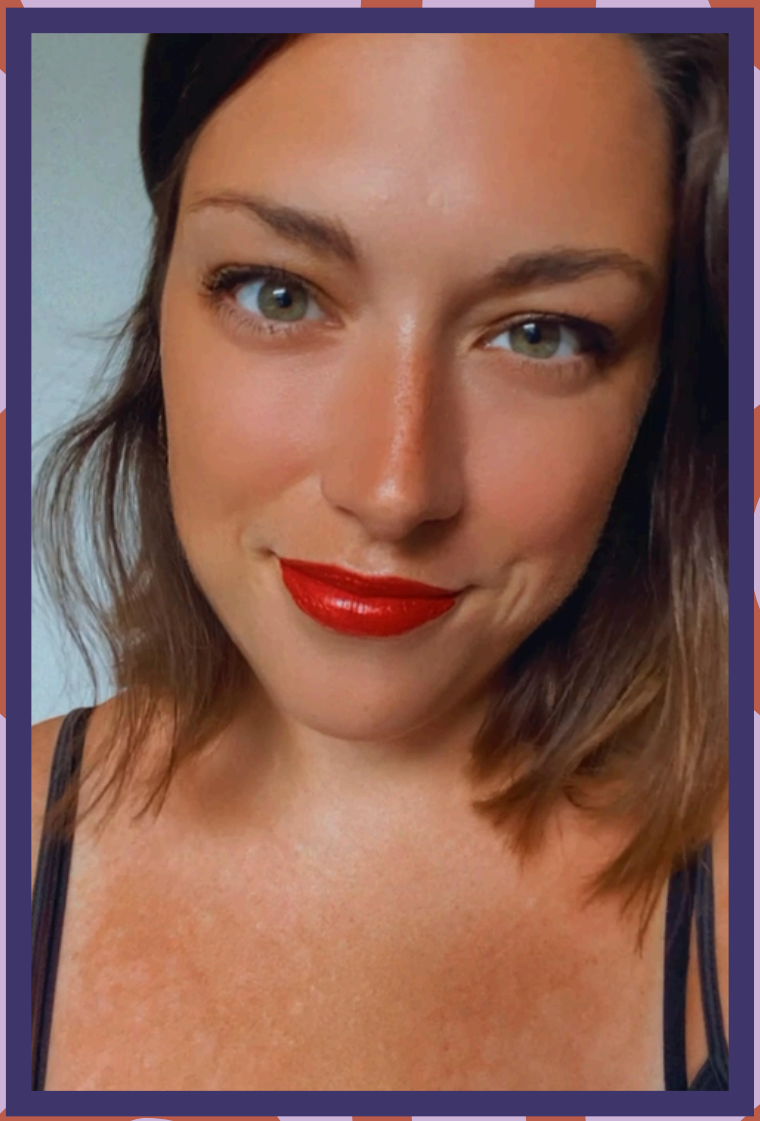
Wolf and Whimsy Kids does not give medical advice or prescribe the techniques mentioned within its pages as a form of treatment for physical, emotional, or medical problems. This book is not intended as a substitute for the medical advice of physicians. The intent of this book is to provide information of a general nature to guide you in helping your children in their emotional, physical, and spiritual wellbeing.

Requests to the author and publisher for permission should be addressed to Mae at Wolf and Whimsy Kids {wolfandwhimsykids@gmail.com}.

hello

hello

hello



hey, i'm mae!
and i'm so excited you're here!

My days as a Kinder & Elementary school teacher taught me a lot about how much our kids benefit from mindfulness. I've personally seen the transformation, the social-emotional skills & wellbeing skyrocket, and moments of pause before being present.

I've seen kids grow up to be confident, compassionate, caring people... *people this world so desperately needs more of.*

Wolf & Whimsy Kids started in 2017 when I began creating mindfulness resources while I was completing my Master's degree in Educational Psychology at McGill University.

Since then, I've self-published multiple books and have had my work published in some of the world's most sought-after kids yoga teacher trainings, including Cosmic Kids and Kids Yoga Stories.

And I'm just getting started.

I've heard from people all over the world just how much they have loved introducing the practice of mindfulness in their homes and classrooms. Whether it's through yoga, guided imagery, journaling, mindful games, or something else, the impact mindfulness practices have on our mind, body, and soul is unmatched.

Mindfulness in the Classroom

Practicing mindful activities and breathing exercises in the classroom is a powerful way to create a calm, focused, and emotionally balanced learning environment. Mindfulness activities and breathing exercises provide students with the tools they need to manage stress, improve concentration, and develop emotional awareness. When students learn how to pause, breathe, and tune into their thoughts and feelings, they become better equipped to handle challenges, regulate their emotions, and engage more fully in learning.

Simple practices like deep breathing, guided imagery, and grounding exercises can be easily integrated into the school day. These activities are especially helpful during transitions, brain breaks, or moments of heightened energy or stress. For example, starting the day with a breathing exercise can help students feel centered and ready to learn, while a short mindfulness activity after recess can help them refocus and settle back into the classroom routine.

Mindfulness also encourages emotional connection and self-awareness. When students understand how to notice and name their emotions, they're more likely to respond thoughtfully rather than react impulsively. Group mindfulness activities, like a body scan or a mindful listening exercise, can also strengthen social bonds and create a sense of community within the classroom.

By consistently incorporating mindfulness into the daily routine, educators can create a more peaceful and supportive classroom environment. Over time, students will develop lifelong skills in emotional regulation, focus, and stress management - skills that will serve them well both inside and outside the classroom.

The Plan

If you're always on the go and need easy ways to sprinkle mindfulness into your day, this plan is for you!

01. Start your day with a 1-minute breathing exercise. Practice inhaling for 4 counts, holding for 4, and exhaling for 4. Repeat 3 times. You can also use a guided imagery script.

02. Use transition moments (ie: before moving on to a new subject or after recess/lunch breaks) for quick "mindful pauses" – practice a breathing exercise, guided imagery, or body scan.

03. Include mindfulness in assignments - have kids share (through writing/drawing, etc.) a story about a time someone showed them kindness or they felt a moment of anger and resolved it.

04. Keep books and other resources with mindful messages in your classroom for your students to read when they have some down time.

05. Try a "gratitude moment" at the end of the school day where everyone shares one thing they're grateful for that day.



Breathe like a star

Spread the fingers on one of your hands wide apart, making a star.

With the other hand, use your finger to trace your fingers. Breathe in as you trace up and breathe out as you trace down.

When you are finished, switch hands and do it again!



BREATHE LIKE A BALLOON

Pretend your belly is a balloon.

Put your hand on your belly. Breathe in deeply and slowly through the nose, filling the belly, feeling it grow bigger and bigger. Breathe out slowly, feeling the belly empty.

Continue to breathe like this for as long as you'd like.

5-Minute Body Scan Script

Start by sitting or lying down in a comfy spot. Close your eyes if you want.

Take a big, deep breath in... and slowly blow it out, like you're blowing out a candle.
(do this as many times as you wish or feel you need to)

Now, let's wiggle our toes. Imagine your toes getting really heavy and sleepy, like they're ready to rest. Now let your feet feel heavy and relaxed too. Say 'thank you' to your feet for carrying you all day!

Next, let's think about our legs. Imagine them sinking into the floor or your bed, like they're floating on a cloud. Your legs feel so calm and still now.

Now put your hands on your belly. Can you feel it move when you breathe in and out? Let's take another big breath and feel our tummies rise and fall... in, and out. Imagine your tummy is full of warm, golden sunshine. It feels cozy and calm.

Now let's think about our arms and hands. Give your fingers a little wiggle. Imagine them getting really soft and relaxed. Your arms feel heavy now, like they're wrapped in a big, cozy blanket. They've worked hard today and deserve a rest.

Let's move up to our shoulders and neck. Are they tight or scrunched up? Let's roll them gently if you want, and then let them go. Imagine your shoulders melting like butter in the sunshine. Everything feels loose and relaxed.

Now let's check in with our face. Is your forehead scrunched up? Let's smooth it out, like spreading frosting on a cake. How about your jaw—can you let it hang loose? Imagine your cheeks, nose, and chin getting soft and calm, like a sleepy puppy.

Finally, let's think about the very top of your head. Imagine a little feather floating down and gently landing there. It's soft and light, and it brings a feeling of peace all over your body.

Now your whole body is resting. It feels calm, relaxed, and happy. Take one more big breath in... and let it out. When you're ready, you can wiggle your fingers and toes to wake them up a little. Open your eyes and give yourself a big stretch.

End-of-Day Calm Session Outline

Duration: ~10 minutes
Goal: Help kids unwind, process their day, and reset their minds and bodies for the evening.

01. **Transition**
(2–3 minutes)
Objective: Create a bridge from the busy school day to a relaxed environment.
Activity: Talk to your kids about their day. Use open-ended phrases and questions such as *What happened at school today that made you smile?*

02. **Gentle Movement or Stretching**
(3–5 minutes)
Objective: Release any pent-up energy or tension from the day.
Activity: Lead a short series of stretches or yoga poses. Finish with a "shake-off" moment: Shake their hands, arms, and legs to "wiggle out" leftover energy.

03. **Breathing Exercise**
(3–5 minutes)
Objective: Help them center their thoughts and connect with their breath.
Activity: Breathing exercises such as Balloon Breathing

Additional Resources

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Resources

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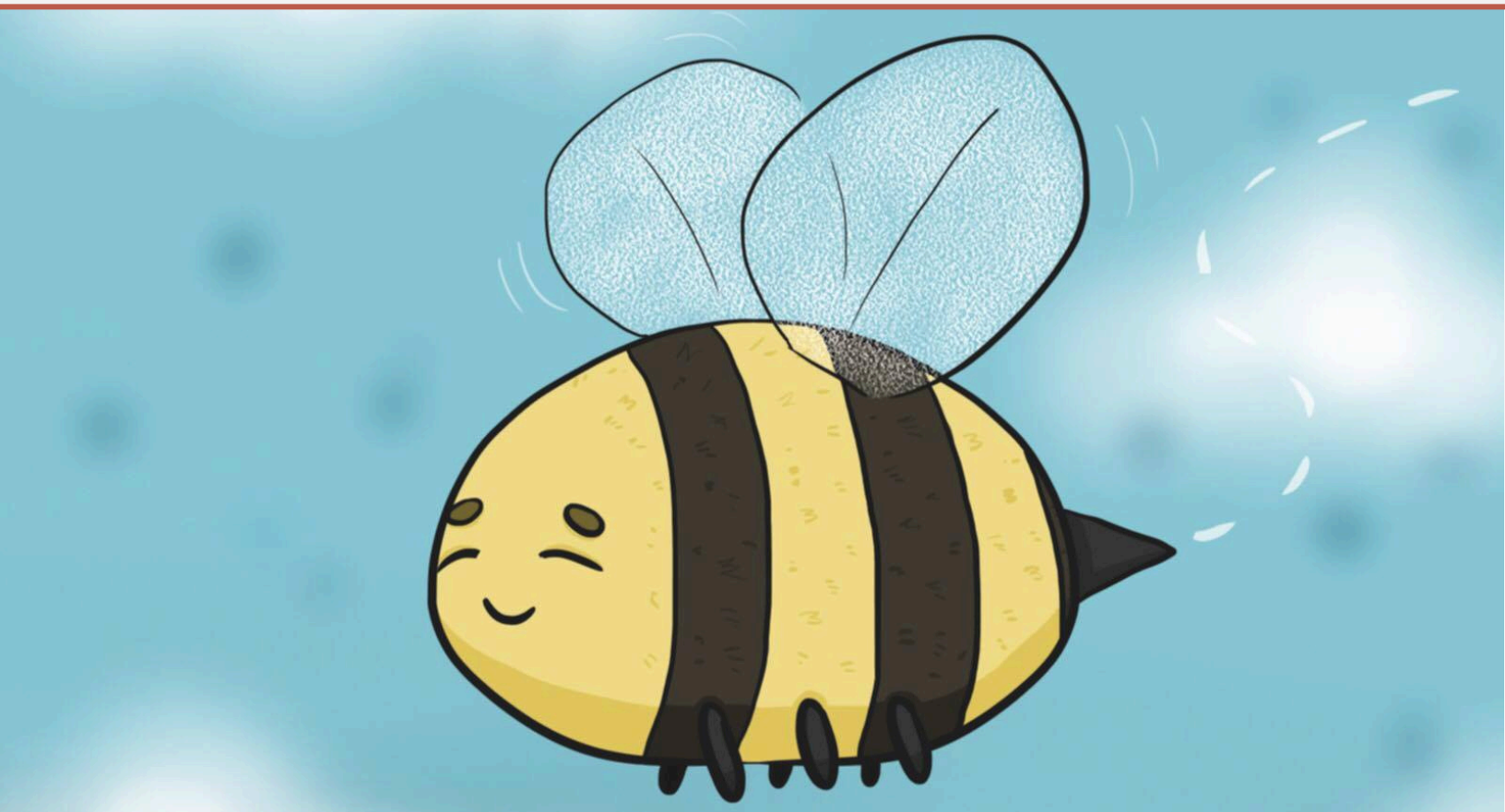
FREE RESOURCES

WOLF & WHIMSY KIDS BLOG

ROOOAAARRR! LIKE A DRAGON

CREATING MINDFUL CLASSROOMS GUIDE

THE MINDFUL EDUCATOR COURSE



Discover the perfect mindfulness plan for your classroom

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