
CREATIVE
CONNECTION
MINI MINDFULNESS PLAN
WOLF AND WHIMSY KIDS

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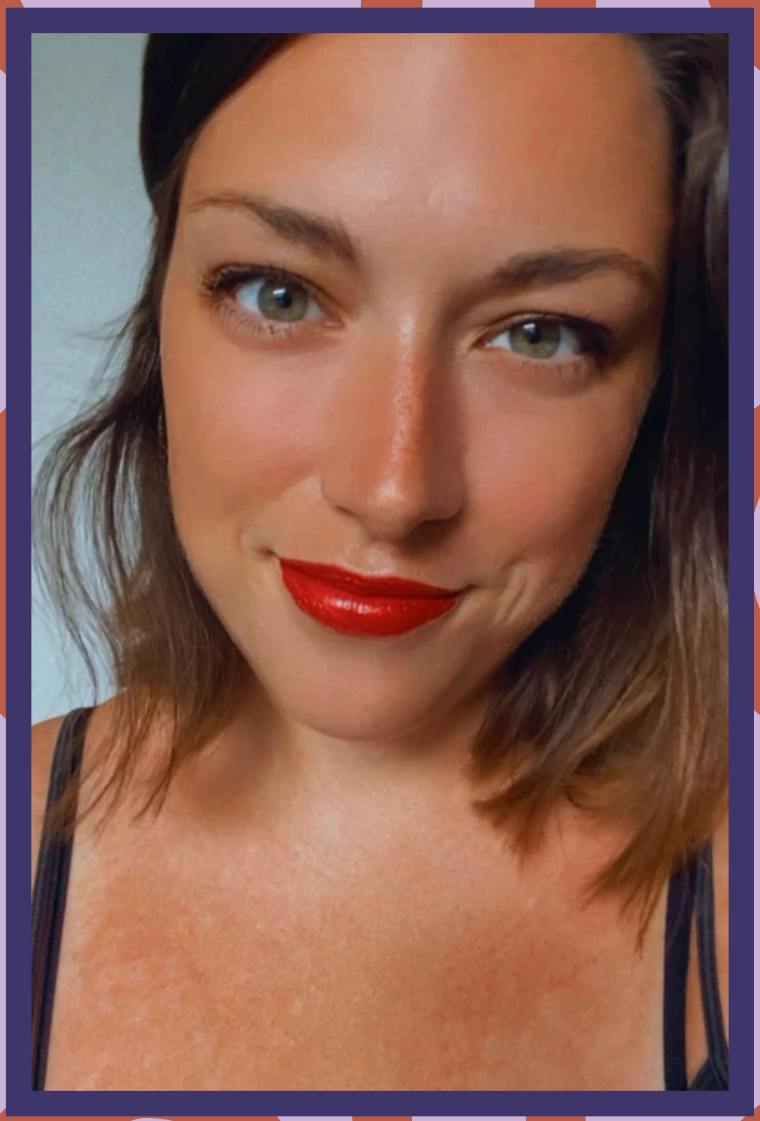
Wolf and Whimsy Kids does not give medical advice or prescribe the techniques mentioned within its pages as a form of treatment for physical, emotional, or medical problems. This book is not intended as a substitute for the medical advice of physicians. The intent of this book is to provide information 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

For kids that thrive on creativity, this plan emphasizes mindful art and imaginative play.

01. Set aside a "mindful art time" once or twice a week. Use crayons, markers, or paints to create "feelings art" – ask kids to draw how they feel today.

02. Incorporate mindful storytelling. Share a story and pause to reflect on how characters might feel, or ask kids to create their own stories about kindness and calm.

03. Create a gratitude wall or jar. Each day, add one thing you're grateful for and reflect on it together.

04. Encourage mindful movement through dance, yoga poses, or a "freeze dance" game where kids pause and take deep breaths when the music stops.

05. Use creative scripts to help your kids unlock their imagination and critical thinking skills. You can include this as part of their class assignments as well.

wonderful, whimsical worlds

creative pod from wolf & whimsy kids

Imagine that you are walking through the jungle and you find a magic flower. This flower makes sure that you feel only happiness forever. You will never feel sadness, anger, fear again.

Suddenly you hear a loud "SCREEEEEEEEECH"! It is a monkey, coming right for you! the monkey stops in front of you and says "Feeling only happiness forever and ever is not a good thing. You don't need the flower. You need your feelings."

What do you think the monkey means? Write or draw a conversation between you and the monkey.

Imagine that you are inside of a raindrop, falling gently from the sky. You can see the whole wide world around you.

as you breathe in, you take in all that is around you. as you breathe out, you fall further toward the ground.

Where does the raindrop take you? Is there anyone else with you, inside of another raindrop? What happens when you land on the ground and the raindrop bursts? Write about what you see and how you feel.

Imagine that you are a shark, swimming in the deep blue ocean. exploring all of its nooks and crannies. Taking in its beauty.

One day you see a school of fish. The fish are scared of you and swim away quickly. But you are a nice shark who simply wants to make friends. you want to have someone to talk to and someone to play with.

You call out to the school of fish. What do you want to say to them? Do you make friends with the fish? Write or draw a conversation between you and the school of fish.

Toe-ga

This game helps kids with their balance, coordination, dexterity, and concentration. It is a lot of fun and the kids love it because they see it as a challenge!

Spread out some cotton craft balls (or any item of your choosing) and have the kids attempt to pick up the cotton craft balls with their toes, hopping on one foot back to their “spot”.

This game is also a good way to teach kids how to manage their emotions as it can be frustrating when you cannot pick up the cotton craft balls with your toes. When kids get frustrated, ask them to pause, take a couple breaths, and try again.





Glitter Jars

Gather jars or plastic bottles, fill them with water, and add glitter. You can also add other object such as beads if you wish.

Have kids shake up the jar and breathe deeply until all of the glitter has settled. Or you can do this by tipping the jar back and forth slowly, inhaling as the jar tips one way and exhaling as it tips the opposite way.

Gratitude Jars

Have a jar (or basket or box) in your space and, when the kids are grateful for something or feeling happy or excited, have them write what made them feel that way on a piece of paper and place it in the jar. At the end of the year, sit down with your kids and go over every piece of paper in the jar.

Ask kids to reflect on how they felt the day they wrote their piece, why they felt that way, and what they can do to feel that way again.

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

Wolf and Whimsy Kids

Resources

click me!

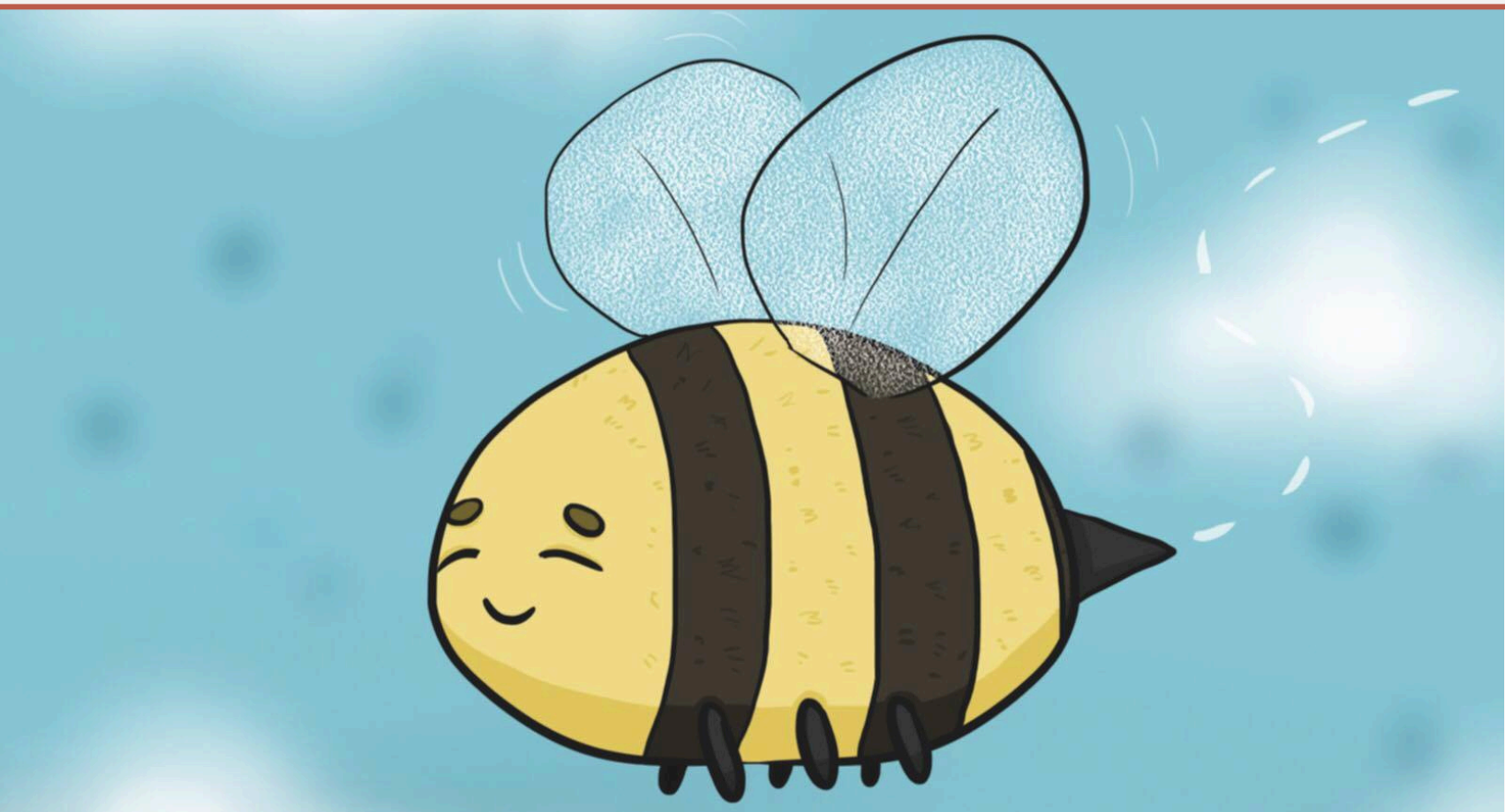
FREE RESOURCES

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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