

Regulation and Mindfulness Activity Cards

A note for caregivers

This collection of ideas and activities are designed to help promote regulation and mindfulness skills for kids and youth.

These activities can help kids to feel more calm and settled by learning to connect with their senses, get their brain and body working together, understand their emotions, and express themselves. Kids can use these activities anytime - when they want to calm themselves, when they feel stressed or overwhelmed, or when they just need a little break.

This package includes printable cards, colouring pages, and Do-It-Yourself instructions to make items and activities using common everyday items. Some instructions for making items may require adult help or supervision. Note that some items use small parts and may not be suitable for children under 3 years.

While we hope these activities are helpful for your child/youth, they are not intended to be a replacement for other mental health treatment and services. If you feel that your child/youth may benefit from therapy or other mental health supports, we can help you find additional options.



SeaStar Child and Youth Advocacy Centre
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www.SeaStarCYAC.ca/services/mental-health

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