

# Mindful Kids

## Today was an awesome day

- I laughed out loud today
- I breathed deeply today
- I did an act of kindness today
- I uplifted someone today
- I ate healthy food today
- I focused on positive things today
- I gave myself quiet time today
- I exercised my body today
  - I was brave today
- I filled someone's happiness bucket today
  - I was grateful today
- I spoke about my feelings today

