

BUG

and the MAGIC OF RIGHT NOW

A MINDFULNESS BOOK



PAUSE
BREATHE
BE HERE

Notice.
Appreciate.
Be Kind.

I AM
HERE.
I AM
ENOUGH.

RIGHT NOW
IS A GIFT

♥ Simple practices for a calm, happy heart ♥

It's okay to
feel in all
kinds of
ways.

All About Feelings!



Our **feelings** help us understand
ourselves and the world around us.

HOW DO I FEEL?

Feelings are like little messengers.
They let us know what is going on inside.



HAPPY

I feel joyful
and full of
energy!



EXCITED

I feel super
excited about
something!



CURIOUS

I want to learn
or know more
about
something!



LOVED

I feel cared
for and
important.



TIRED

My body needs
rest and I feel
low on
energy.



SAD

I feel down
or have
big feelings.



CONFUSED

I feel unsure
or don't
understand
something.



WORRIED

I feel nervous
or something
is on my mind.



ANGRY

I feel mad
or frustrated
about
something.



OVERWHELMED

I feel like
too much is
happening at
once.



SHY

I feel nervous
around others
or in new
situations.



PROUD

I feel good
about myself
and what I
did!



CALM

I feel peaceful
and relaxed
inside.



Every feeling is **okay**.
It's what we do with our
feelings that matters.

It's okay to feel.
It's important to talk.
It's helpful to understand.





How Am I Feeling Today?



✨ All feelings are okay! 💖

I can name it, I can feel it, I can handle it!



Take a deep
breath...

I've got
this!

How can I take care of myself today? 💖



My Feelings Check-In

I can choose kindness!



Let's check in with how we feel! ♥



WEEKLY CHECK-IN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
I felt: _____	I felt: _____	I felt: _____	I felt: _____	I felt: _____	I felt: _____	I felt: _____
I can: _____	I can: _____	I can: _____	I can: _____	I can: _____	I can: _____	I can: _____

Color the heart the color of the feeling that matches your day! ♥



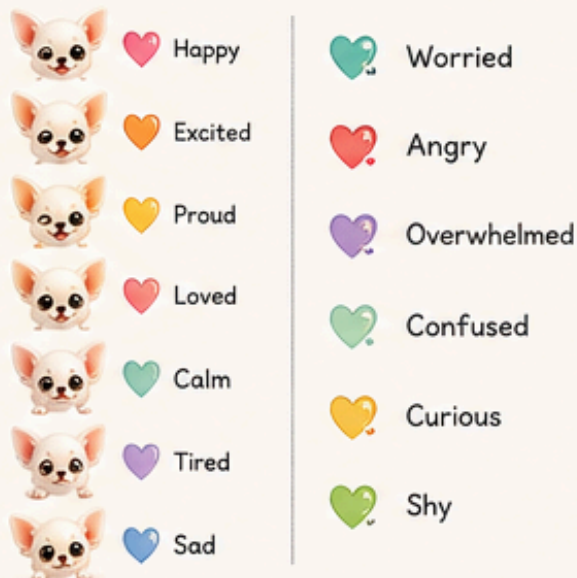
MONTHLY CHECK-IN

Color each heart to show how you felt each day! ♥

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Every day
is a new
opportunity!

MY FEELINGS COLOR KEY



THIS MONTH I WILL...



MY CALM PLACE

Imagine somewhere you feel completely
safe and peaceful.

Maybe it's...



A beach



A forest



Your home



Somewhere
imaginary



♡ Take a moment to notice... ♡



What can
you see?

.....
.....
.....



What can
you hear?

.....
.....
.....



What can
you smell?

.....
.....
.....



What can
you feel?

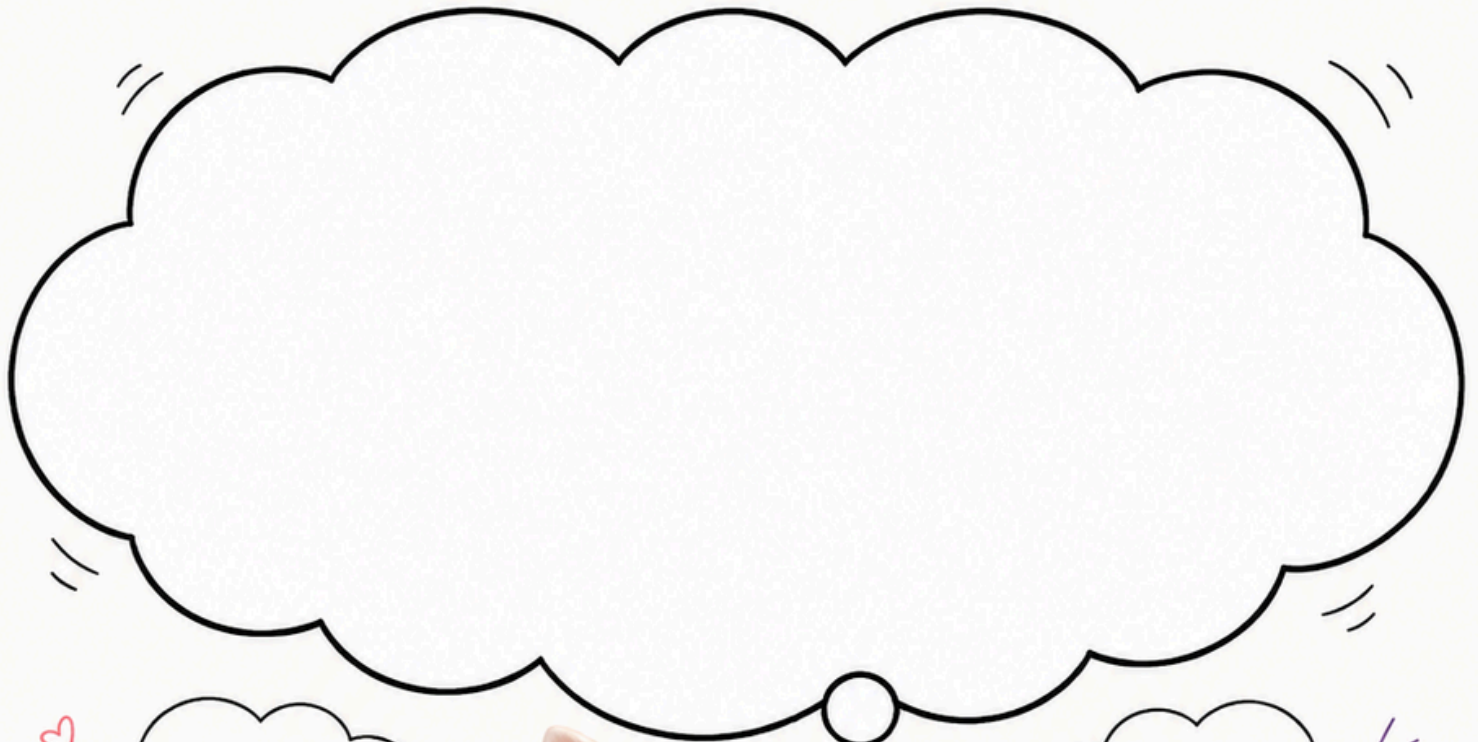
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BUG'S BUSY MIND

What's On Your Mind?

What thoughts are bouncing around your mind today?
Draw or write them inside the big thought bubble!



Yesterday



Tomorrow



What if...?



I wish...



I need to...



Try it!

Breathe in
through your nose
for 4...



Breathe out
slowly through
your mouth for 4...



Feel calm.
Feel here.
Feel NOW.



Can you take one breath
and come back to **NOW**?



THE THOUGHT CLOUD

Sometimes our minds get full of thoughts.

Can you help Bug watch them float by?

What if...?

I should have...

What will happen if...?



Bug watched the thoughts float by.
He didn't have to chase them.
He didn't have to solve them.
He could simply **notice** them...
and **let them pass**.

MINDFULNESS REMINDER

"I am having a thought.
I don't have to believe
every thought I have."



It's okay
to have thoughts.
You are doing
great, Bug!

Draw your thoughts as clouds.
Then watch them **float** by.



Notice. Breathe. Let go. You've got this.





STOP LIKE BUG

♥ Pausing helps our minds and hearts! ♥



When you feel big feelings
or things get busy...



Stop

Stop what you're doing.



Take a breath

Take a slow, deep
breath.



Observe

Observe what's
happening.



Proceed calmly

Proceed calmly with
kind words and actions.



Taking a pause helps us
make good choices and
feel better!



YOUR TURN!

Draw yourself stopping and taking a mindful breath.





BUG'S BELLY BREATHING

♥ Big breaths help our bodies feel calm and happy! ♥



Can you help Bug
make his
balloon **GROW?**

Breathe IN →
Colour the balloon
BIGGER.



Breathe OUT →
Colour the balloon
SMALLER.



♥ LET'S DO 3 BREATHS TOGETHER! ♥

BREATH
1

Breathe
IN

Trace the path
with your finger
or pencil.

Breathe
OUT

BREATH
2

Breathe
IN

Breathe
OUT

BREATH
3

Breathe
IN



♥ You did it! Great job, calm breath hero! ♥

Little things make a big difference!

BUG'S GRATITUDE GARDEN

Gratitude makes life brighter!

A garden grows with gratitude.
What are you grateful for today?

Grateful hearts make a happier world

Someone I love

Something I have

Something my body can do

Something beautiful

Something that made me smile

KIND PEOPLE
HAPPY MOMENTS
A BRIGHTER TOMORROW

Notice it ♥ Appreciate it ♥ Let it grow



USE YOUR SENSES



♥ Bug decides to notice everything around him. ♥

⇒ Can you help Bug? ⇐



5 things
you can see

1. _____
2. _____
3. _____
4. _____
5. _____



4 things
you can hear

1. _____
2. _____
3. _____
4. _____



3 things
you can feel

1. _____
2. _____
3. _____



2 things
you can smell

1. _____
2. _____



1 thing
you can taste

1. _____



Well done, explorer!

Noticing with your senses helps you stay
calm, curious and in the **right now**.



CREATE YOUR OWN CALM RECIPE

You are the chef
of your calm!



When I need to feel calm, I can: ♥



☐ Take three slow breaths



☐ Notice five things around me



☐ Close my eyes and imagine
somewhere peaceful



☐ Stretch my body



☐ Talk to someone I trust



☐ Spend time with someone I love



☐ Draw



☐ Listen to calming music



☐ Spend time with my pet

☐

My Special Calm Ideas:



Mix and match your
ingredients to make
your **perfect calm!**



Remember: There is no wrong way to be calm.
Your recipe is perfect for **YOU!**



BUG'S

MINDFUL COLOURING PAGE

• ♥ Being present ♥ •

Take a Mindful Moment ♥

- ♥ Slow down.
- ✎ Choose one colour.
- 👁 Notice how your hand moves.
- 🎨 Notice the colours you choose.
- ★ There is nowhere else you need to be.



♥ Colour Bug slowly. ♥



BUG'S JOY HUNT

Let's go on a treasure hunt for happy things! ♥



Makes you smile



Is beautiful



Find something that...



Makes you feel safe



Makes you curious



You are grateful for

Draw your favourite discovery!



Noticing the little things helps our hearts feel big!





BUG'S MINDFULNESS CHALLENGE

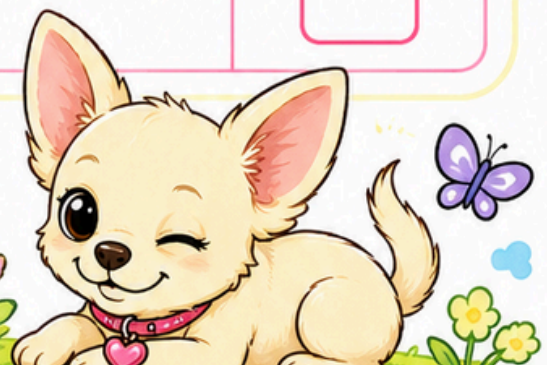
Let's go
on a 7-day
mindfulness
adventure
together!



Day	My Bug Mission	✓
Day 1	 Take 3 slow breaths	☐
Day 2	 Notice 5 things around you	☐
Day 3	 Find something beautiful	☐
Day 4	 Spend 5 quiet minutes	☐
Day 5	 Think of 3 things you're grateful for	☐
Day 6	 Visit your calm place in your imagination	☐
Day 7	 Stop and notice right now	☐

You did it!
Every small step
makes a big difference.

I'm
so proud
of you!





THIS IS AN **SEL** ACTIVITY BOOK

Small
steps today
create a calmer,
happier
tomorrow.

This book is filled with fun, thoughtful activities that help students build important social-emotional skills.

Through playful lessons and mindful moments, children learn tools they can use every day—at school, at home, and anywhere life takes them.

WHAT'S INSIDE?



MEDITATION

- Quiet your mind and find your calm.



BELLY BREATHING

- Breathe in calm.
Breathe out stress.



VISUALIZATION

- Imagine peaceful places and feel safe inside.



GRATITUDE

- Notice the good things and grow happiness.



USING YOUR SENSES

- Notice the world around you in wonderful ways.



MINDFULNESS

- Be present. Notice thoughts. Let them go.



COLOURING

- Slow down, focus, and express yourself.



CHALLENGES

- Try new things, build habits, and celebrate your progress!

THIS BOOK HELPS CHILDREN:

- ♥ Regulate emotions and reduce stress
- ♥ Build focus and self-awareness
- ♥ Develop gratitude and kindness
- ♥ Strengthen confidence and resilience
- ♥ Build healthy routines and habits
- ♥ Feel calm, capable, and ready for whatever comes next

Breathe.
Be kind to yourself.
You are enough.

You don't have to be perfect to be amazing. You just have to be you.

One mindful choice can change your whole day.

You have the power to choose calm, kindness, and courage.

By learning these skills now, you are preparing your busy mind for a life that can be hectic and challenging. This book gives you tools you can use — **anytime, anywhere.**

You are strong. You are capable. You are loved.