



Little Hearts Big Feelings

A mindful colouring book for kids aged 5 - 9

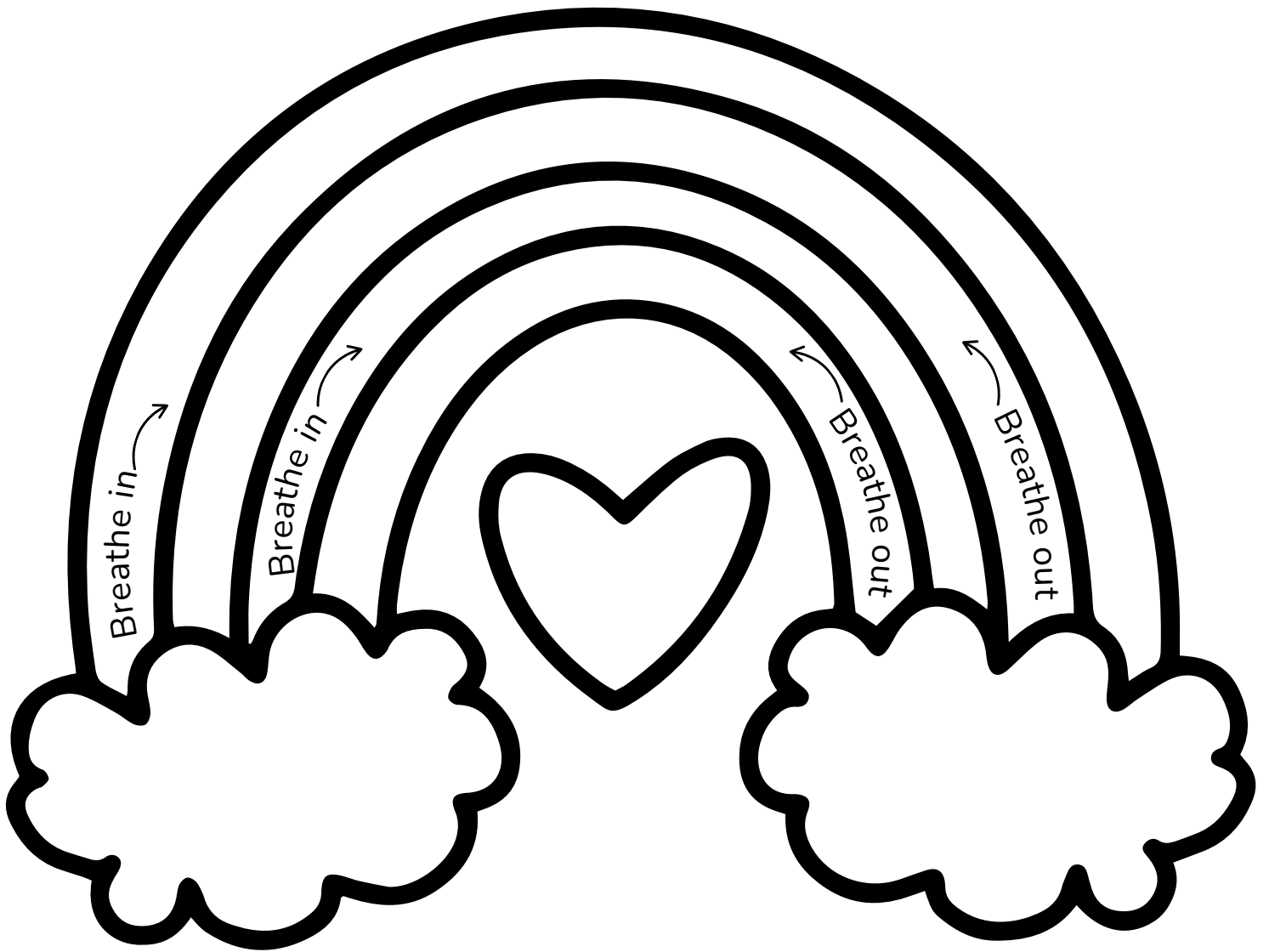
This book belongs to: _____



Created by
Safe Space With Sumayya

RAINBOW BREATHING

Colour in the rainbow then follow the prompts for mindful breathing



“When I feel big feelings, I take deep breaths and calm my heart.”

YOU ARE
SAFE



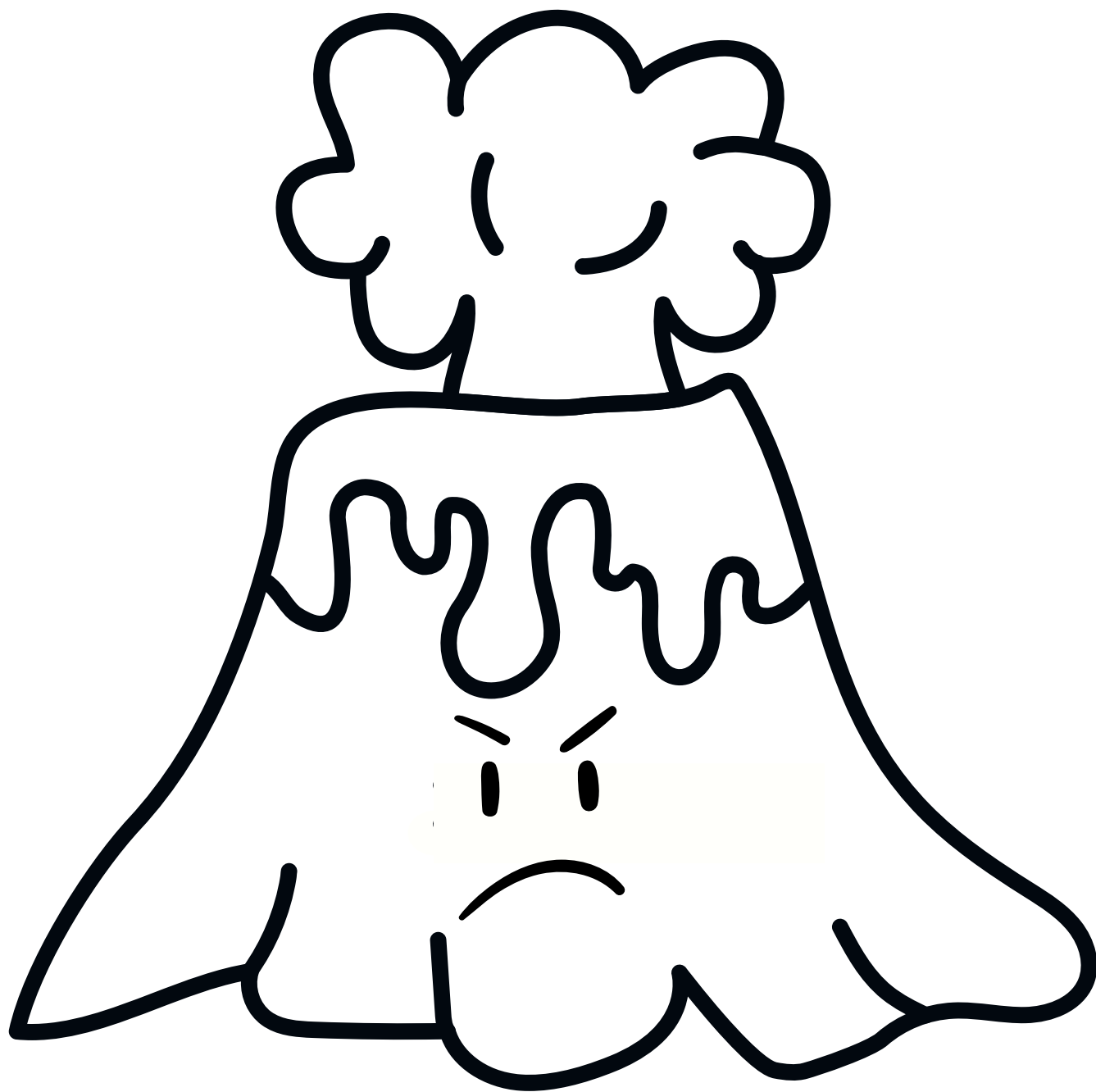
“You are safe. You are loved”

KIND WORDS MATTER



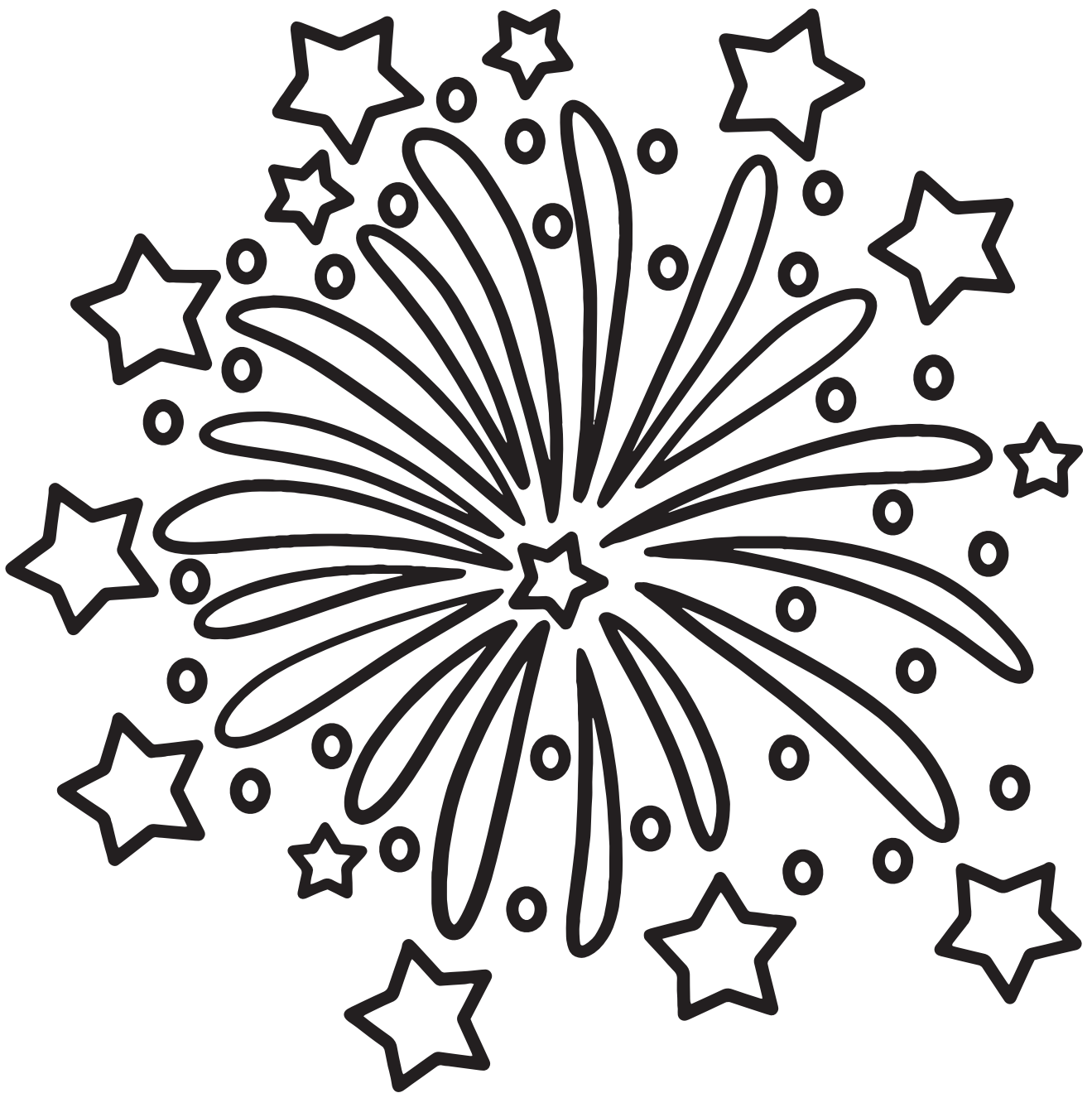
“Kind words make hearts happy.”

IT'S OKAY TO FEEL ANGRY



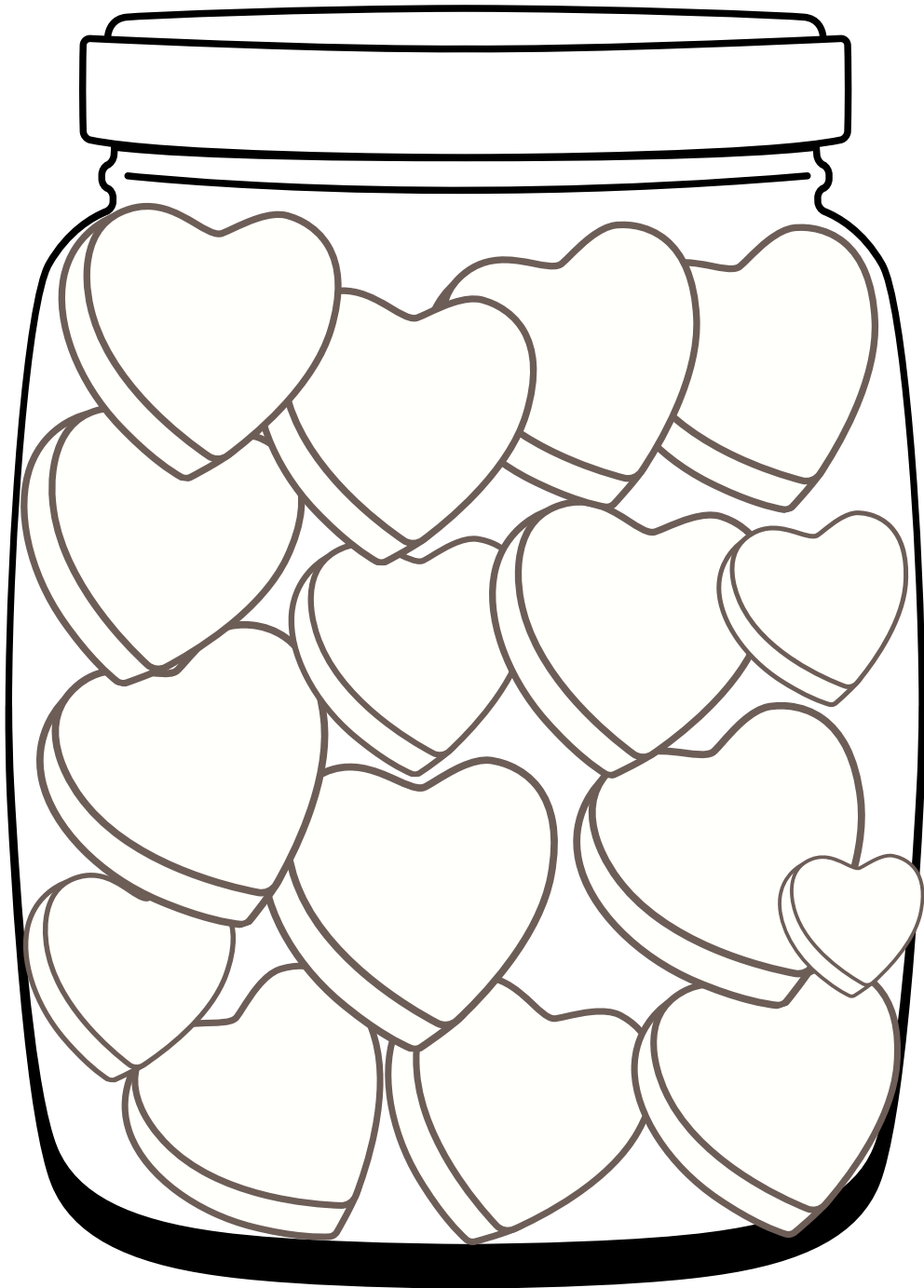
“All feelings are okay. I can
choose calm”

CALM COLOUR



I'M THANKFUL FOR...

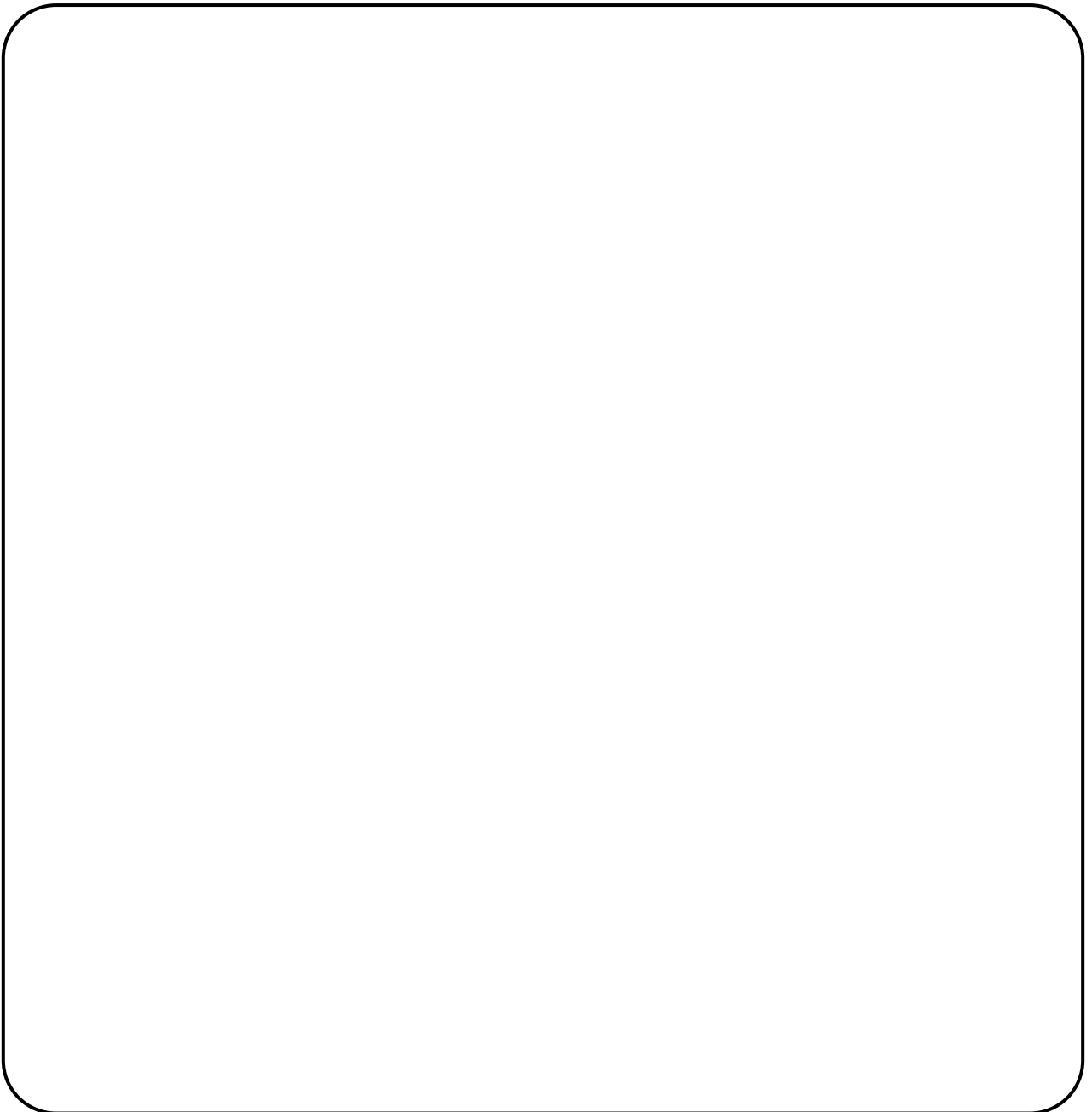
Write down things you are grateful for



“Every day I am thankful!”

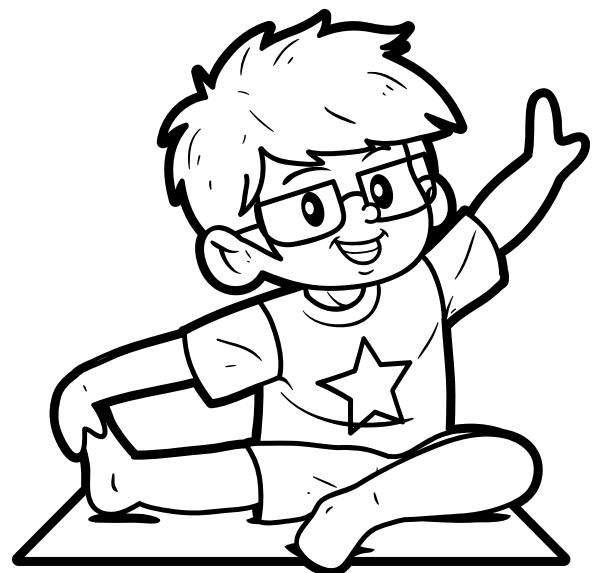
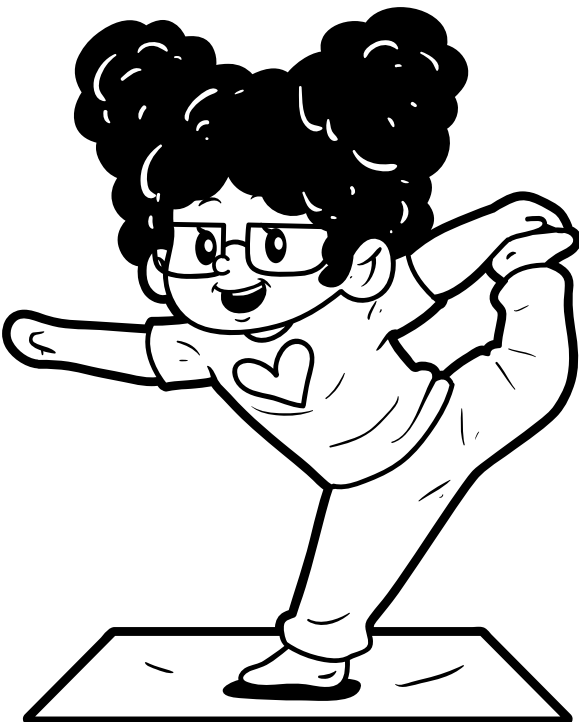
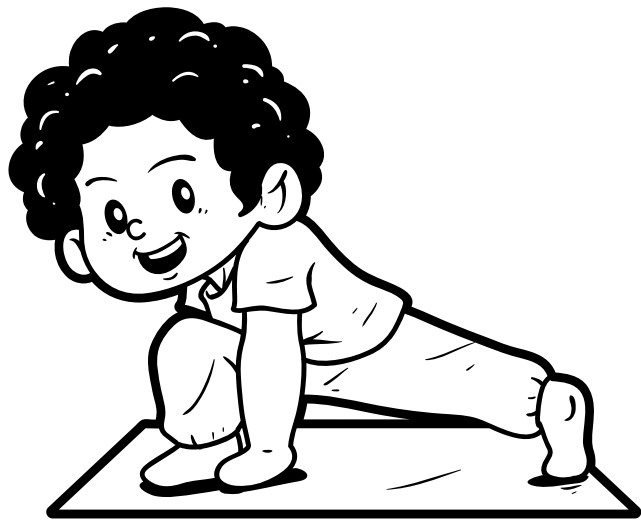
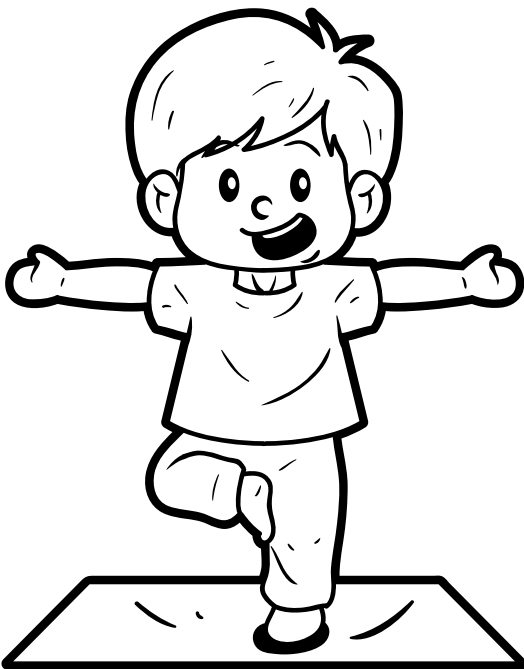
MY HAPPY PLACE

Draw a place where you feel happy.

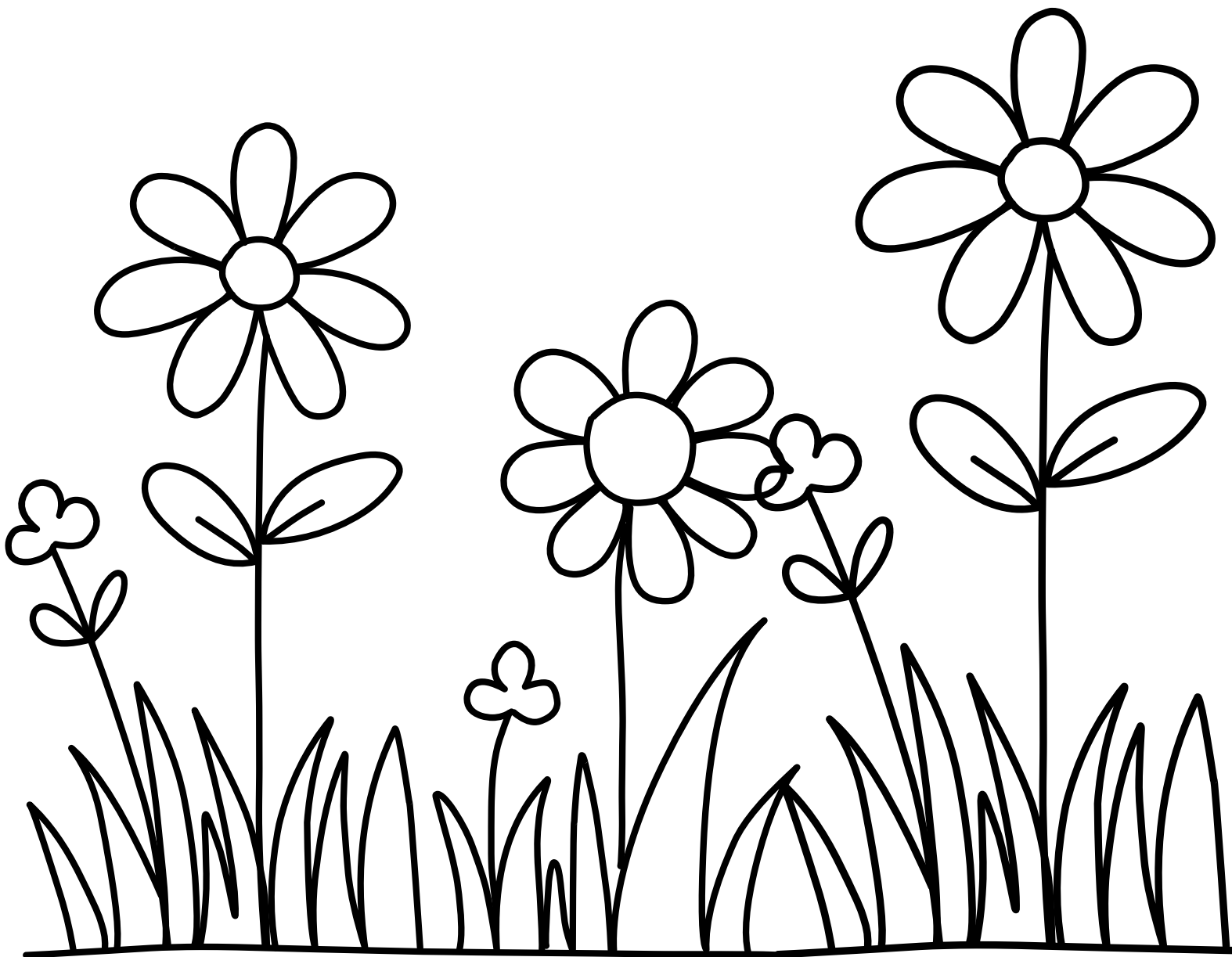


MOVE & BREATH

Follow these stretches and breath



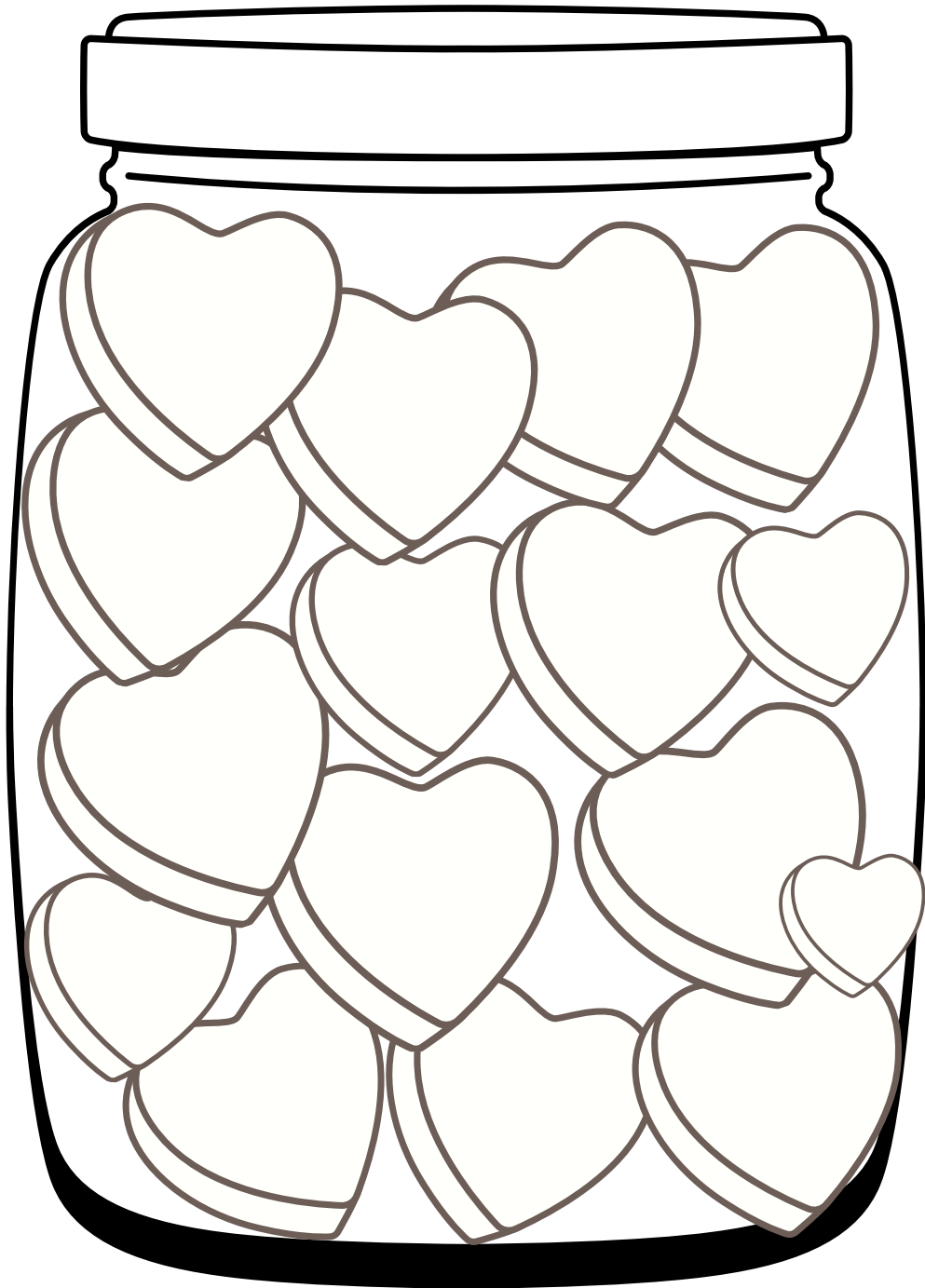
FEELINGS GARDEN



All feelings are welcome in my garden

PEOPLE I APPRECIATE

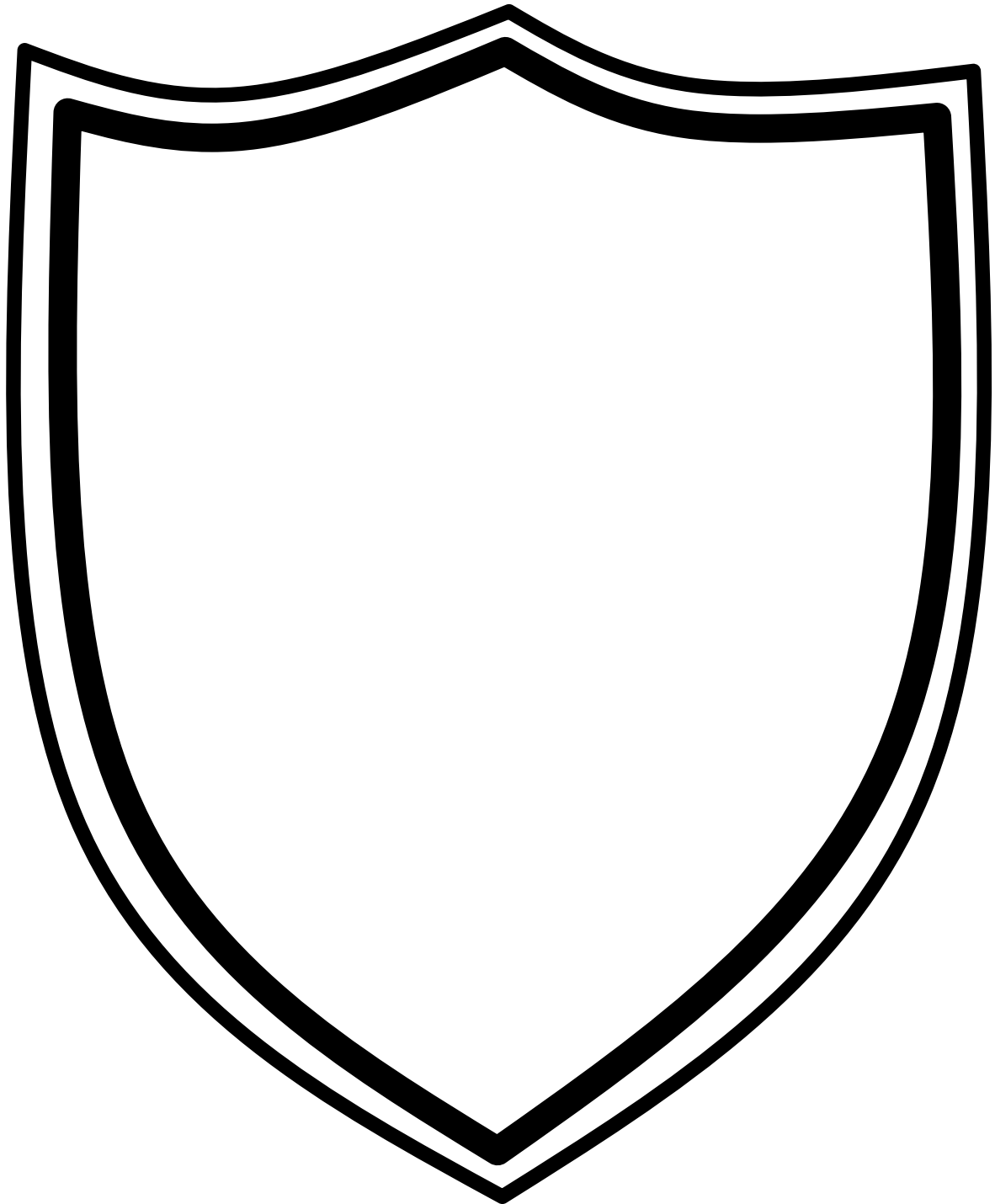
Write down the people you are grateful
for



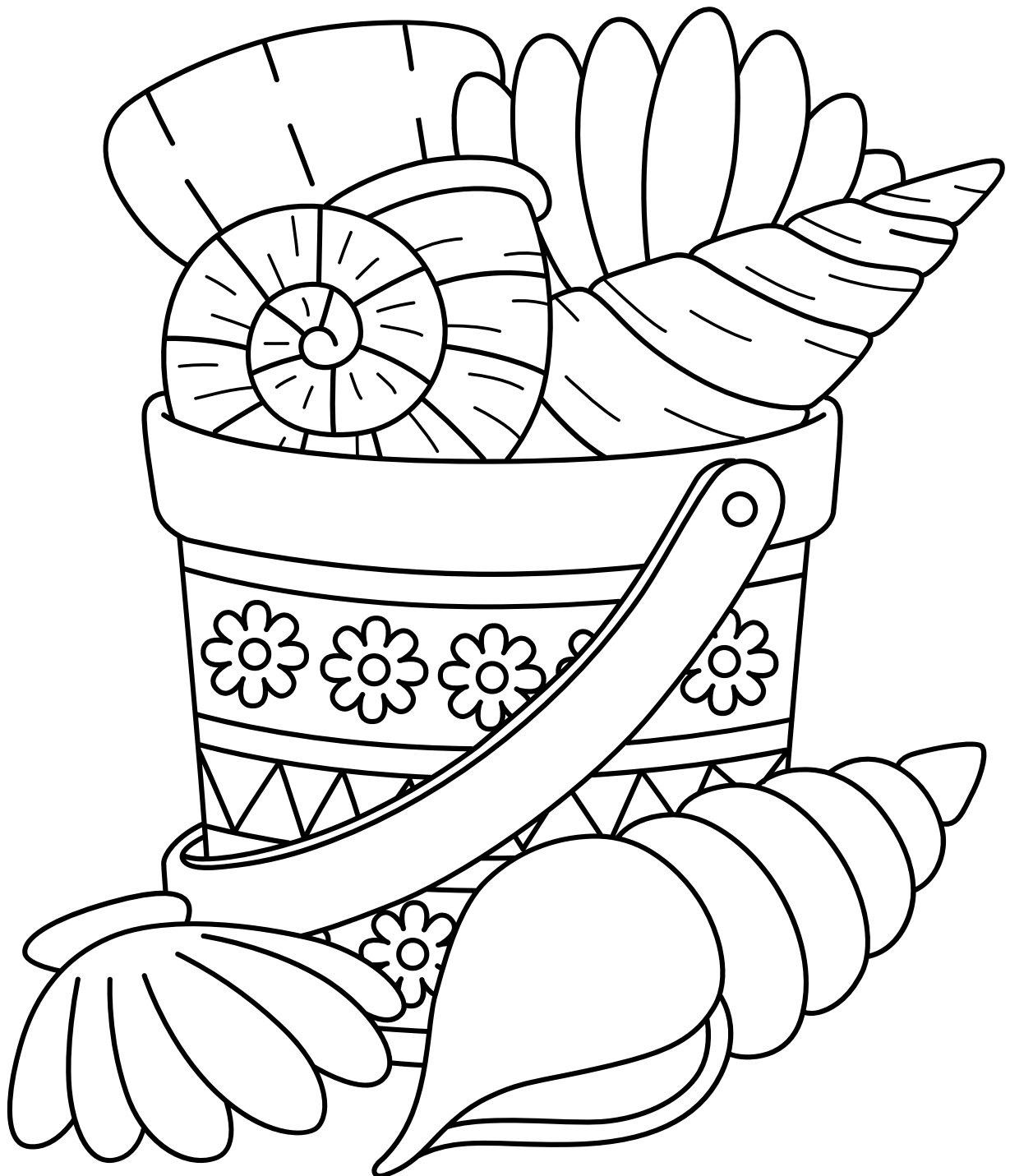
“Every day I am thankful!”

MY SUPERPOWERS

Share your superpowers below

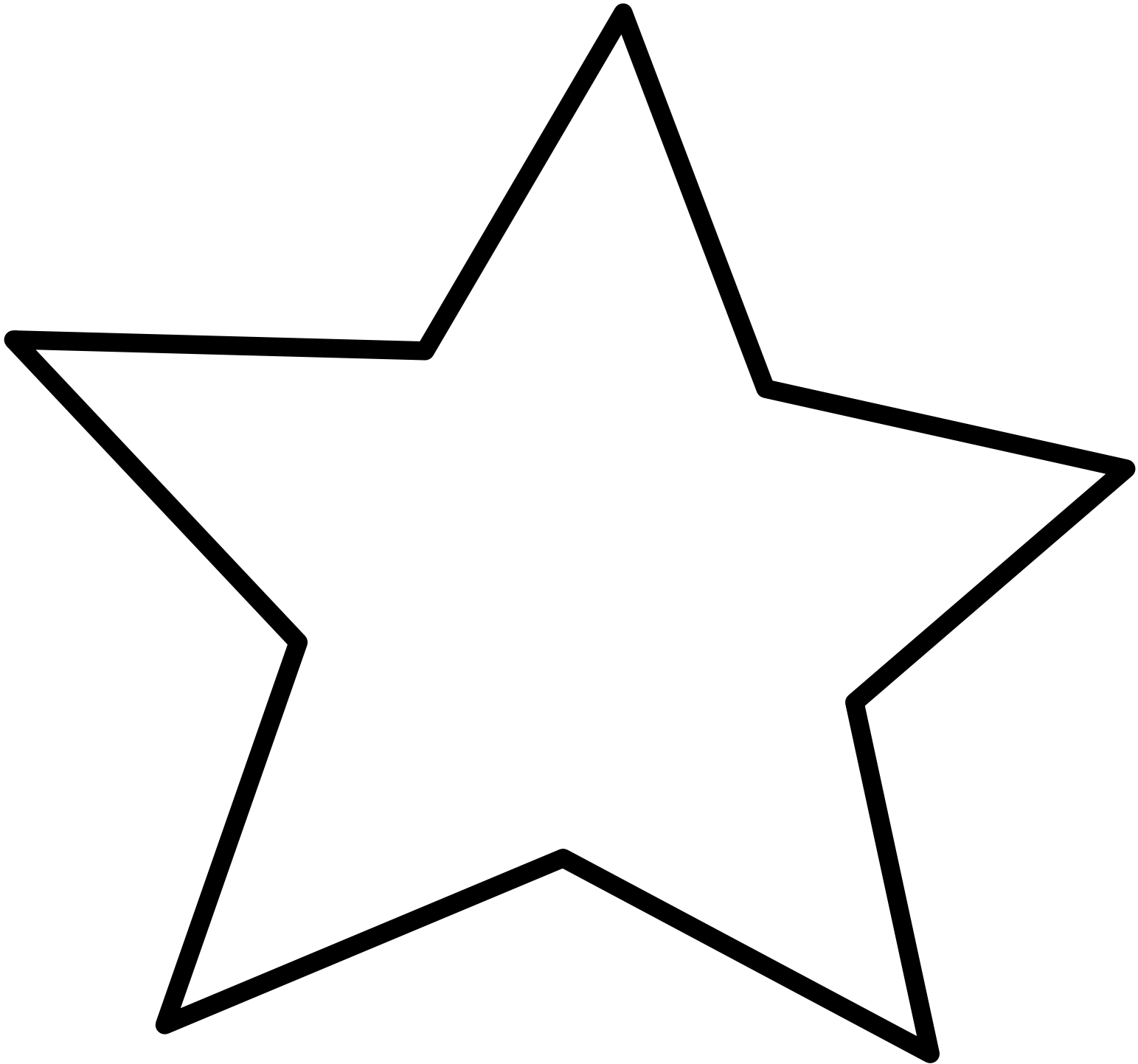


CALM COLOUR



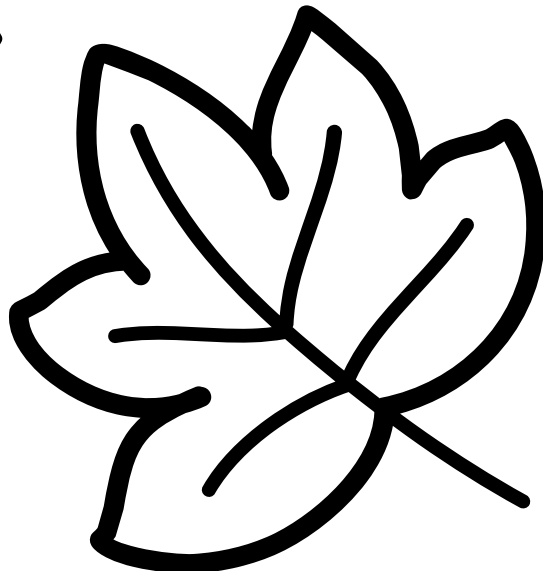
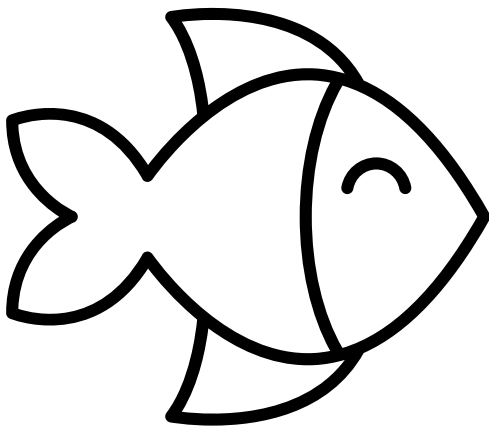
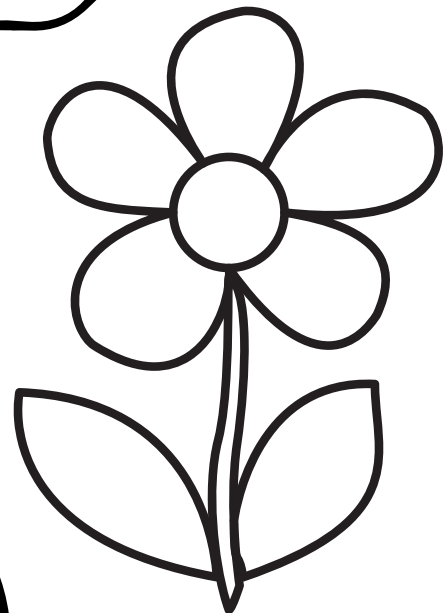
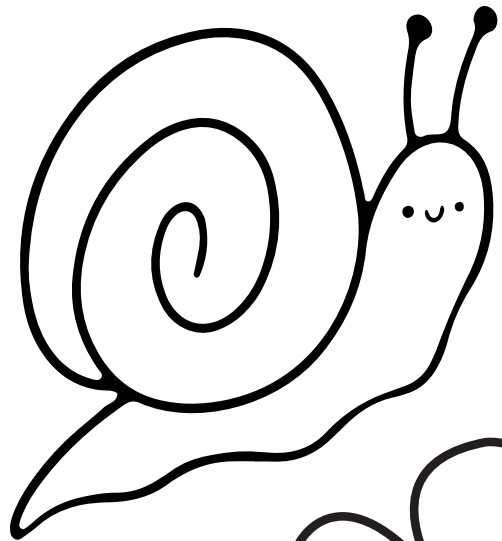
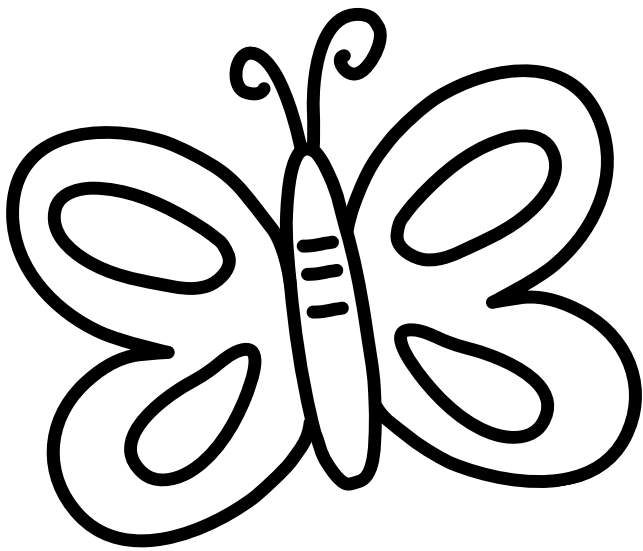
MY WISH

Write down a wish you have for yourself
or someone else.



MINDFUL MOMENTS

“I slow down and notice what’s
around me”



FEELINGS CHECK - IN

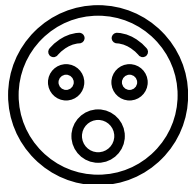
Match the face to the feeling!



● Angry



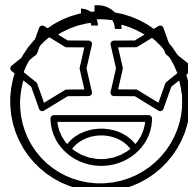
● Shocked



● Happy



● Excited



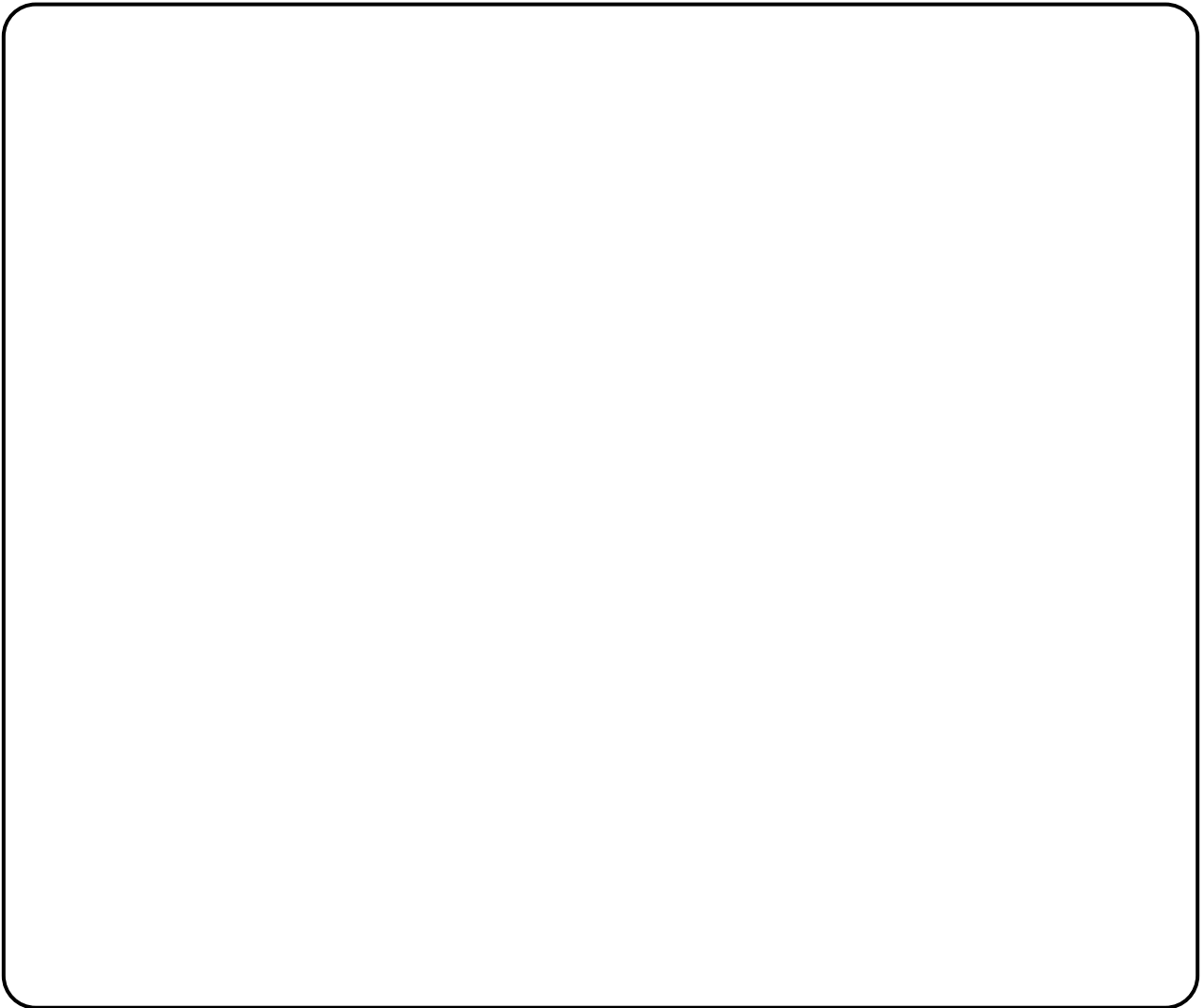
● Sad

Today i am feeling _____

because _____

HAPPY TUMMY

Draw and colour your favourite healthy food!

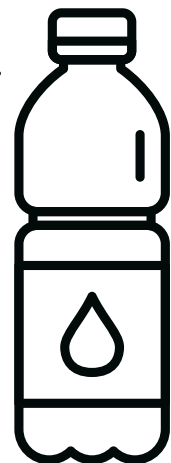
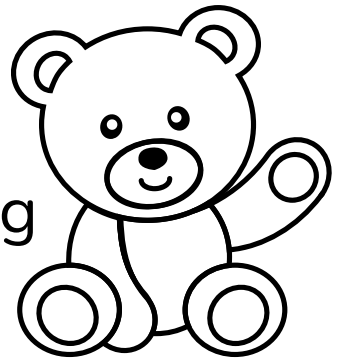
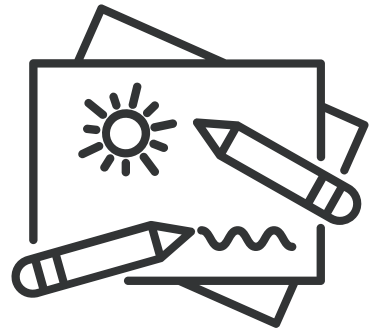
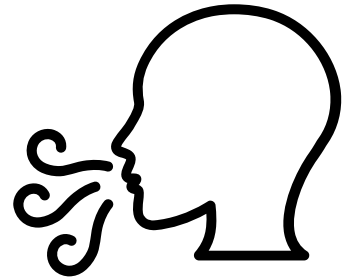


Some foods help my body feel strong and my heart feel happy. I choose food that gives me good energy and helps me stay calm.”

MY FEELINGS TOOLKIT

Choose the tools you like to use when you have big feelings.

- Take a deep breath
- Talk to someone I trust
- Write or draw what I feel
- Stretch or do a calming pose
- Close my eyes for a moment
- Hug a pillow or soft toy
- Listen to my favorite calm song
- Colour something I love
- Go outside for some fresh air
- Drink a glass of water
- Take 10 steps slowly



CALM COLOUR





Congratulations!

This certificate is awarded to:

For being brave, kind, and mindful
while exploring big feelings.
Keep using your toolkit and being
your amazing self!



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