Mindful Breathing Crafts Kit

Printable Templates & Visual Tools for Calm Classrooms

Includes breathing aids, reflection sheets, and editable logs



What's Inside

- 1. Printable Pinwheel Template
- 2. Breathing Wand Visual Cues
- 3. Five-Finger Breathing Glove Sheet
- 4. Puppet Design Cutouts
- 5. Calm Jar Instructions & Reflection Cards
- 6. Editable Breathing Log & Teacher Use License



Printable Pinwheel Template

Cut out along the dotted lines and follow the fold marks to create your pinwheel. Use a pushpin to secure it to a pencil eraser.

U	lse this space for drawing or writing:



Breathing Wand Visual Cues

Use the ribbon paths to draw a slow breathing pattern. Kids can colour and trace while practicing inhale and exhale.

Jse this space for drawing or writing:		



Five-Finger Breathing Glove Sheet

Trace each finger. Add a small symbol (e.g. sun = inhale, cloud = exhale). Children trace with finger while breathing slowly.

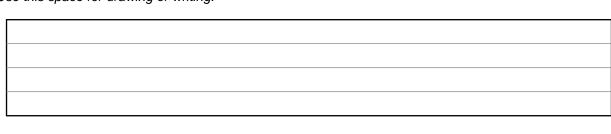
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Puppet Design Cutouts

Use this space for drawing or writing:

Cut and decorate these puppet templates. Use them as breathing buddies in calm corners or emotional





Calm Jar Instructions & Reflection Cards

Follow the re-	cipe to make calm	ı jars. Reflection (cards can be u	sed to guide n	nindful thinkin	ig post-activity.
Use this spac	ce for drawing or v	vriting:				



Editable Breathing Log & Teacher Use License

Use this log to track daily breathing activities. Space provided for student name, emotion check-in, and reflection.

Ise this space for	drawing or writing	7 :		

