

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.

Use 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.

Use 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

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

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Calm Jar Instructions & Reflection Cards

Follow the recipe to make calm jars. Reflection cards can be used to guide mindful thinking post-activity.

Use this space for drawing or writing:

Editable Breathing Log & Teacher Use License

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

Use this space for drawing or writing:
