

Pinwheel Science for Focus & Calm – PRO Kit

1. Printable Pinwheel Template

Use this square template to create your own pinwheel. Cut along the dotted lines and fold as directed in the blog. Below is a layout sample you can print and cut:

[Insert Printable Pinwheel Template Image Here]

2. Folding & Cutting Step-by-Step Visual Guide

Visual guide showing how to measure, cut, fold, and pin your pinwheel for calm-focused engagement.

[Insert Illustrated Step-by-Step Guide Here]

3. STEM Extension & Observation Cards

These cards allow kids to explore airflow variables and record outcomes:

Prompt	Observation Space
Try different breath speeds (slow, fast, sharp)	_____
Test with a fan, window, or outside breeze	_____
How many spins per breath?	_____

4. Breathing Reflection & Calmness Tracker

Use the space below to draw or write how your child felt before and after using the pinwheel:

Before Activity: _____

After Activity: _____

How many breaths to make 3 full spins? _____

5. Editable Parent-Teacher Use License

This kit is licensed for unlimited educational use in homes, classrooms, or therapy settings. Editable to add school, student, or instructor name.

School/Classroom: _____

Instructor: _____

Student Name: _____

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<https://www.kids-activities.net>