



# Mindfulness Resources

**New Leaf Foundation**

[newleaffoundation.com](http://newleaffoundation.com)

Welcome to this collection of mindfulness resources, created by New Leaf Foundation. These resources—info sheets, activities, colouring pages, and games—are designed to help you integrate mindfulness into your daily life, whether you are a youth, parent, educator, or service provider.

## About New Leaf Foundation

New Leaf Foundation was a Toronto-based registered charitable organization that operated from 2007 until 2025. Dedicated to addressing the causes and impacts of chronic stress, New Leaf offered mindfulness-based programs and resources to support youth and the adults who care for them. Though the organization has concluded its operations, its legacy lives on through these freely available resources.

## Terms of Use

These worksheets are provided free of charge for personal and non-commercial use. They must not be altered, edited, or digitized in any way. When sharing or distributing these materials, appropriate reference and credit must be given to New Leaf Foundation.

### What's Included

- What is Mindfulness?
- Gingerbread Activity
- Your Mind is a Garden
- Rose, Thorn, Bud
- Riding the Wave
- Gratitude Tree
- Hurtful Vs. Helpful Stress
- Window of Tolerance
- Stress Self-Assessment
- Self-Care Plan
- Protect Your Peace
- Mindful Freeze
- Yogi Says
- Moving Statues
- Who Is The Leader?
- Balloons In The Air
- Zen Catch
- Colour Your Power Flower

# What is this mindfulness everyone's talking about?

Mindfulness can be done anytime and anywhere. We're often practicing mindfulness without even realizing it! Every time we pause and **pay attention to what's happening around us and inside ourselves in the present moment in a curious, non-judgmental way**, we're being mindful.

## Try one of these simple mindfulness practices:

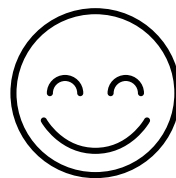
- Place a hand on your stomach and feel it rise and fall as you breathe in and out
- Notice and name 3 objects in your environment that are circular (or square, red, etc.)
- Balance on one foot for 30 seconds to 1-minute, noticing any thoughts that come up (Try it again with your eyes closed!)

## What mindfulness isn't...

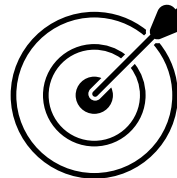
- Just about focusing your attention
- Always relaxing
- An "it's all good" mindset
- Something that can only be done sitting still

## What mindfulness is...

- Attention to the present moment
- Being aware of what we're feeling without labelling it good or bad
- Noticing all the layers of our experiences
- A mindset that can applied to any activity (ex. breathing, moving, making art, playing a sport)



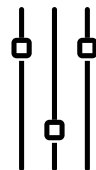
LOWER STRESS & ANXIETY



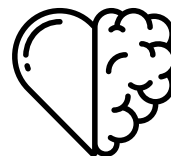
BUILD FOCUS



IMPROVE SLEEP



MANAGE EMOTIONS

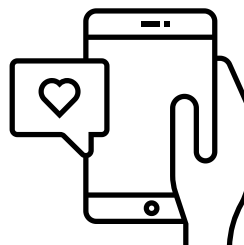


IMPROVE MENTAL & PHYSICAL HEALTH



IMPROVE SELF-ESTEEM

BENEFITS



**For more mindfulness activities, visit us on:**

[Website](#)

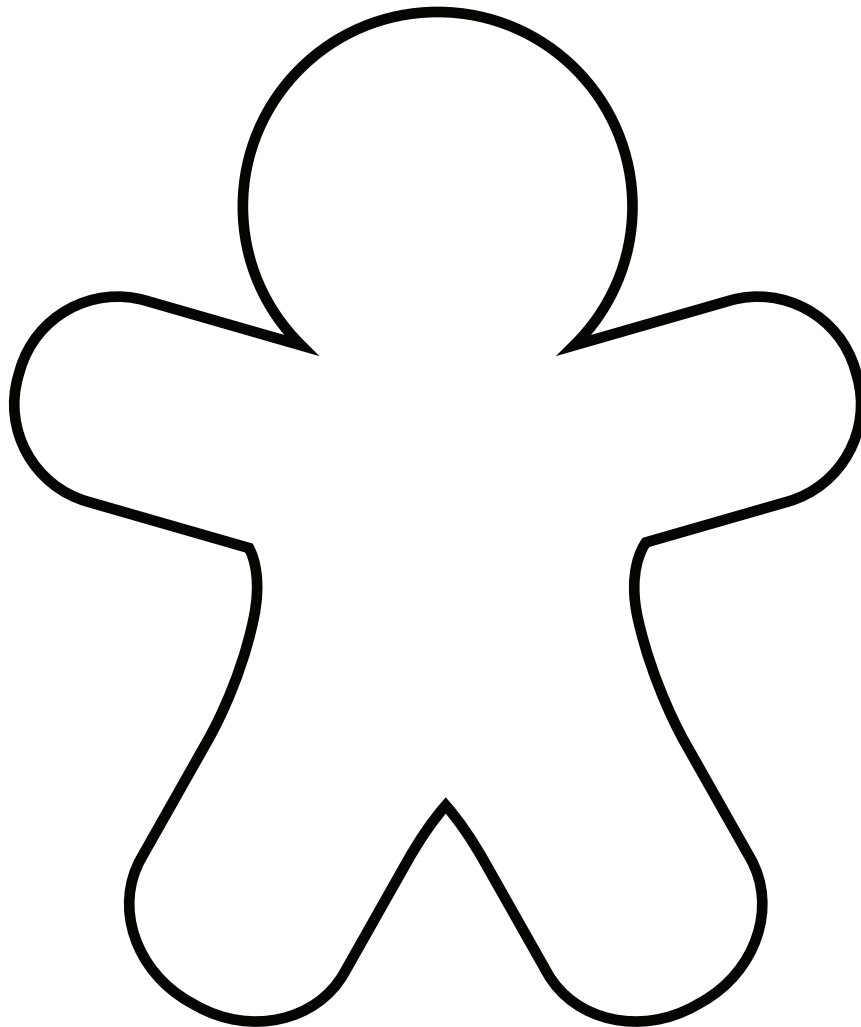
[YouTube](#)

[SoundCloud](#)

# GINGERBREAD ACTIVITY

**The purpose of this activity is to notice where in our bodies we feel our feelings.**

Start with a body scan; notice any sensations you're experiencing (sensations are things like warmth, coolness, tingling, itches, tightness). Check in with yourself to see if any of these sensations might be connected to an emotion, for example feeling heat in your face might be related to anger or anxiety. **Choose a different colour for each emotion you are feeling and colour the gingerbread where you felt those in your body.**



**I feel...**

**Happy**

**Angry**

\_\_\_\_\_

**Calm**

**Anxious**

\_\_\_\_\_

**Excited**

**Sad**

\_\_\_\_\_


MINDFULNESS ACTIVITY

# Your Mind Is A Garden

In this fast-paced world, our minds can be cluttered with thoughts and distractions, making it hard to focus or relax. The practice of mindful journaling can help clear the chaos in our minds, allowing us to find some clarity and perspective on our thoughts. Take 1-2 minutes and write down anything that comes to mind, without any filter or judgment, in the space below (use the back if needed).

<b>Seedling Thoughts</b>	
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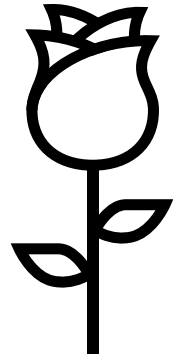
Take some time to reflect on what you've written down. Using the spaces below, organize your thoughts into three categories: priorities (to-do list or what's most important), budding ideas (to think about further), and things you can let go of.

<b>Root Priorities</b>	<b>Budding Ideas</b>	<b>Leaves to Let Go</b>
		

**MINDFULNESS ACTIVITY**

# Rose, Thorn, Bud

In this activity we take time to reflect on the ups and downs we experience each day. While it can sometimes be easy for our attention to focus mostly on the toughest moments of our week, this activity helps us find a balance of noticing parts of our day that are positive and hopeful, as well as acknowledging the parts that are challenging.



Using a rose to symbolize these different parts of our experiences, take a few moments each day for one week to reflect on a Rose, Bud and Thorn.

	<b>Rose</b>	<b>Thorn</b>	<b>Bud</b>
<b>1.</b>	A highlight or positive moment from your day	A challenge or difficult moment from your day	Something you're looking forward to or are getting better at
<b>2.</b>			
<b>3.</b>			
<b>4.</b>			
<b>5.</b>			
<b>6.</b>			
<b>7.</b>			

**MINDFULNESS ACTIVITY**

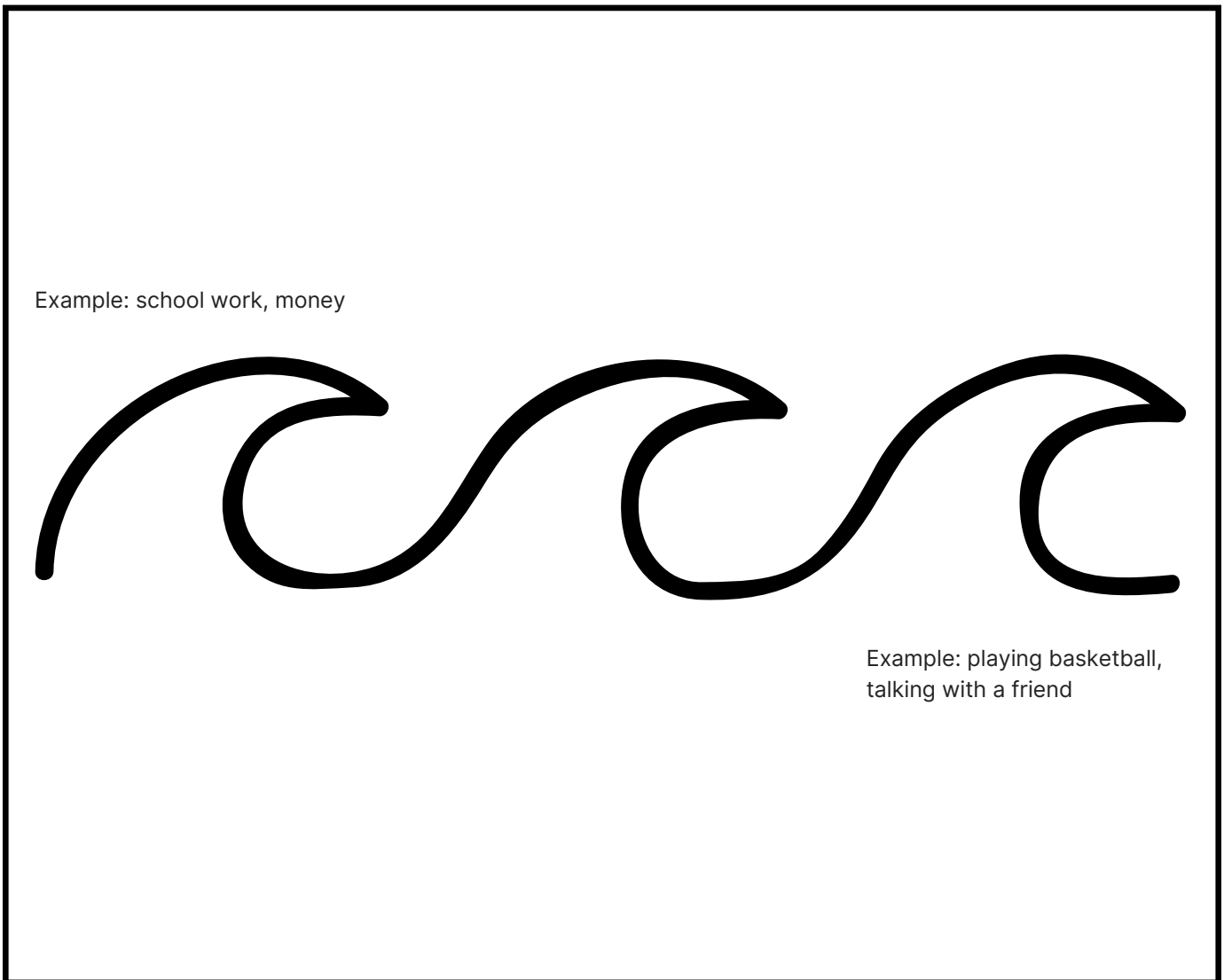
# Riding the Wave

What you'll need: paper, markers or coloured pencils

In this activity we take time to reflect on the stresses in our day and the tools we have available to support our bodies and minds during stressful times.

Use the outline provided below or draw waves on a piece of paper. Label the waves with things that cause you stress. For example, worries and fears that created these waves. In the spaces between the waves, write down things, activities or people that bring you calm or that you enjoy.

Consider putting this activity sheet somewhere you can see it regularly, and take a look at it whenever you need a reminder of who and what can help you navigate challenges.

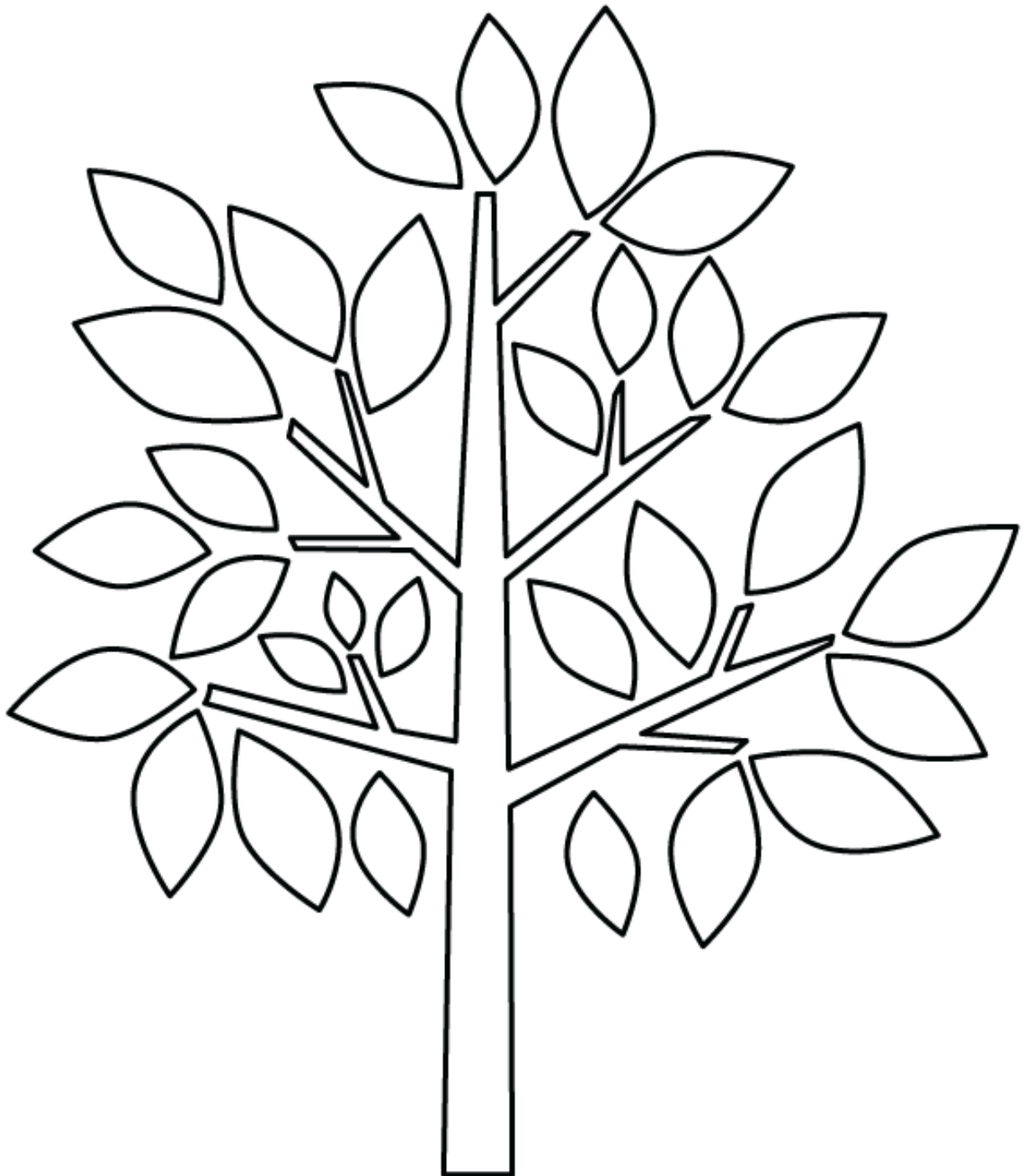


## MINDFULNESS ACTIVITY

# Gratitude Tree

Bringing a little attention to what we're thankful for can help us to get out of negative patterns and thinking. It's not about pretending everything is good, but seeing the full range of our experience.

Using the leaves of the tree, write down some things that you're grateful for each day. It can be really simple like food, a good friend, an opportunity, or even somebody inspiring on TikTok. Start with a couple and add on every day until your tree is full!





# HURTFUL VS. HELPFUL STRESS

Stress is our body's reaction to experiencing a challenge of some kind. On the surface it can seem like all stress is bad, but the reality is that while some stress can cause harm, other stress can actually help us to grow. **Let's look at the difference:**

## **Hurtful Stress**

Stress experiences that overwhelm our ability to cope in healthy ways

- feels unmanageable or overwhelming
- high-intensity
- on-going
- loss of perspective
- causes feelings of helplessness or not knowing what to do

## **Helpful Stress**

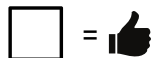
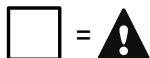
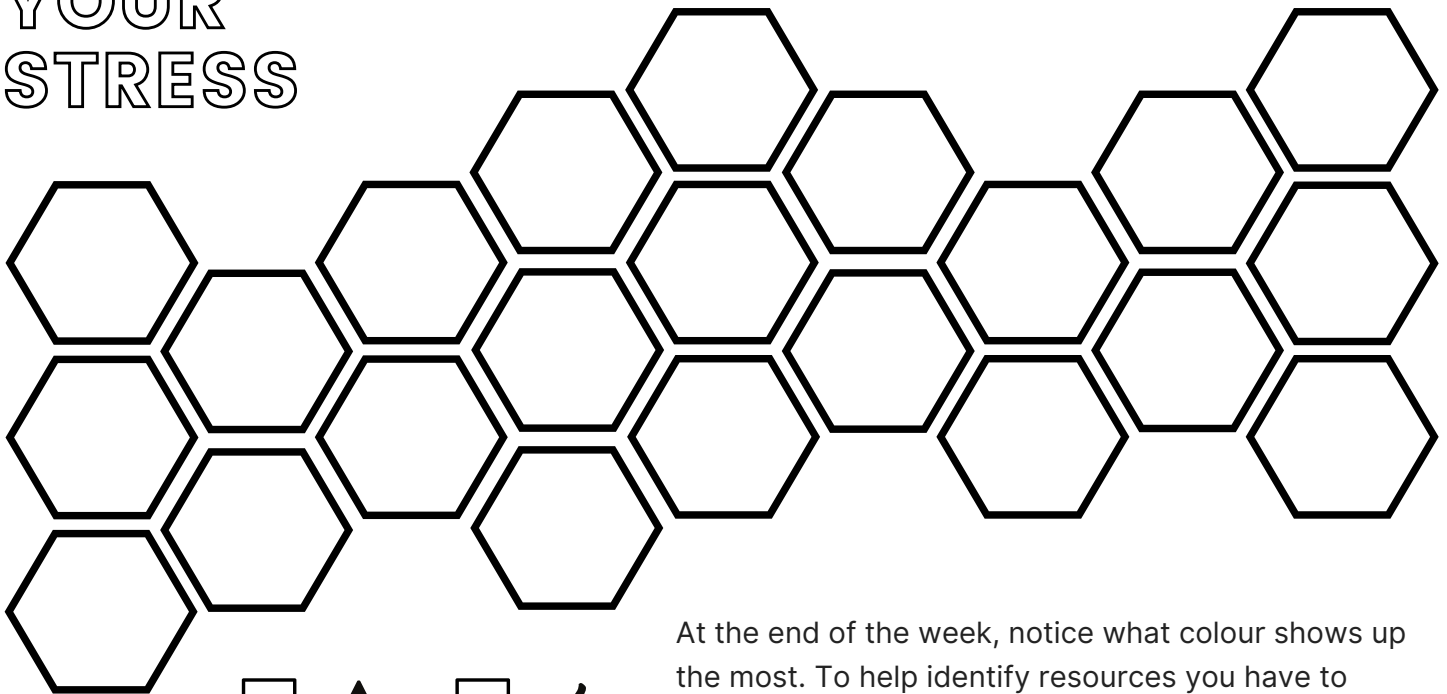
Stress experiences that help us grow, learn and take positive action

- feels manageable
- lower intensity
- balance between periods of stress and low/no stress
- able to keep perspective
- motivates you to take action

### ACTIVITY

## TRACK YOUR STRESS

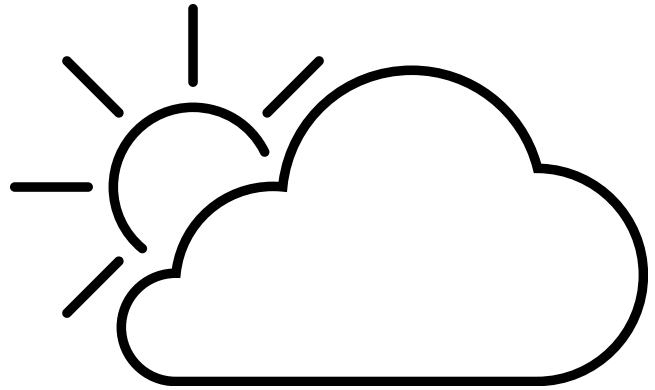
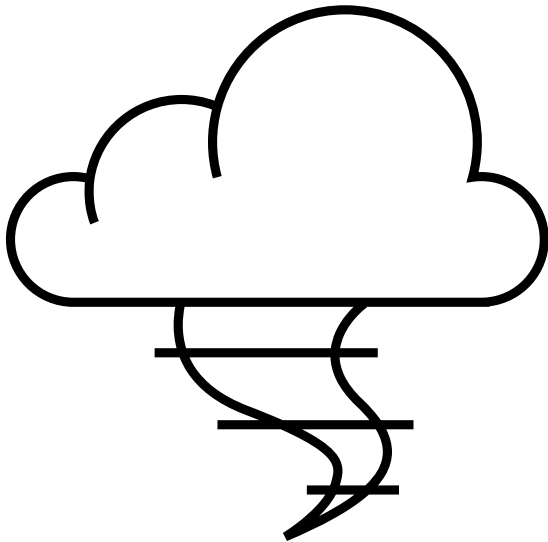
Choose a colour to represent hurtful stress and another for helpful stress. For one week, **colour in a shape for each time** you felt hurtful or helpful stress. You might track more than one experience of stress in a day!



At the end of the week, notice what colour shows up the most. To help identify resources you have to manage stress, check out our self-care activity.

# WINDOW OF TOLERANCE

Another way to explore **helpful or hurtful stress** is to consider our **window of tolerance**. Everyone has the ability to tolerate some stress, but we also all have limits to what is healthy and manageable.



## Outside

We are *outside* our window of tolerance when stressful situations are happening too often, our stress levels are very high, and we have feelings of overwhelm. This kind of stress can hurt us by having a negative impact on our physical, mental and emotional health.

## Inside

We are *inside* our window of tolerance when we're in a zone of having low stress, are able to work in positive ways with the stress we're experiencing, or can use stressful experiences to help us learn and grow.

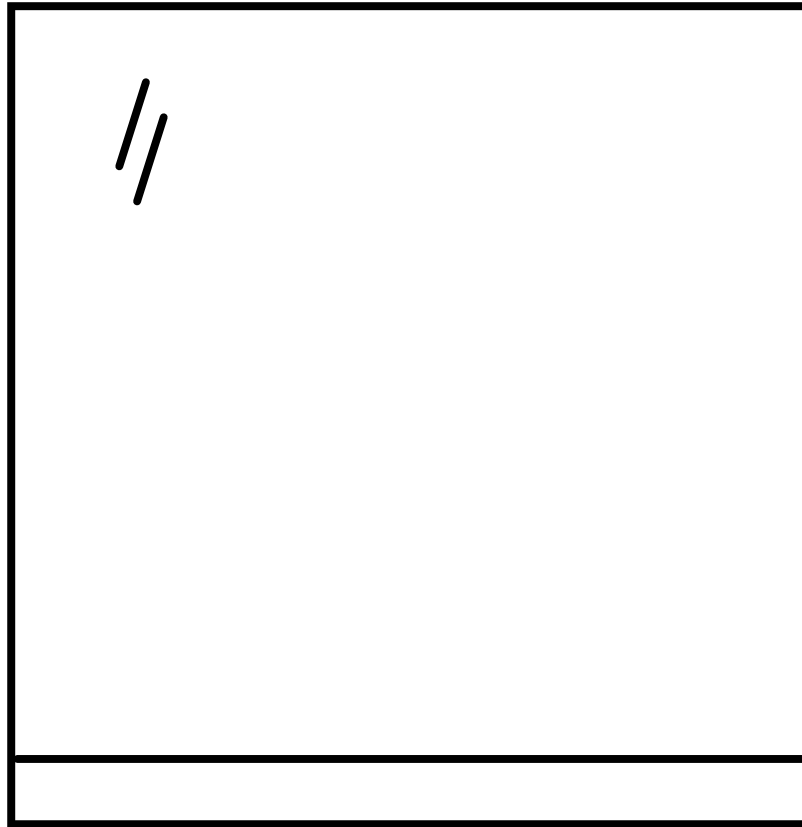
## GETTING FROM OUTSIDE TO INSIDE

Once you can identify signs of being outside your window of tolerance, it's helpful to find ways to bring yourself back inside your window. This can take practice, and we'll explore it in the next activity.

## ACTIVITY

# WINDOW OF TOLERANCE

Everyone's window of tolerance is different! Let's explore the signs and signals that generally tell you whether you're inside or outside your window of tolerance.



Think about a time you experienced low stress. Inside the window, write or draw what comes to mind in response to these questions. →

Consider a time when you experienced high stress. Take a look again at the questions and write or draw your responses to these outside the window.

Now think of all the ways you can help yourself feel more calm when you're outside the window. What can you do? What can you tell yourself? Who can you lean on for help? Write these down in the box provided.

- What emotions are you having?
- What thoughts are coming up?
- What are you doing or what behaviours do you notice?
- What do you notice in your physical body?

**ACTIVITY**

# STRESS SELF-ASSESSMENT

Write the words/phrases you put in your Window of Tolerance activity into this chart. When feeling stressed, go through this list and check any of the feelings, thoughts or behaviours that are coming up in order to help identify if you're inside or outside your window of tolerance.

**INSIDE**

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

**OUTSIDE**

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Try these [meditation and mindful movement practices](#) to help work with stress. Check out our self-care activity to create a plan for taking care of your physical, mental, and emotional health.

**ACTIVITY**

# SELF-CARE PLAN

To create your own personalized self-care plan, consider how you can take care of your physical, mental and emotional health. Who might help you? What actions can you take? Write at least 3 ideas into each box. See if you can commit to doing at least one thing from each box every week.

## **Mental**

For example, turn off devices,  
read a book, journal

## **Emotional**

For example, talk to a friend, make  
art, listen to music

## **Physical**

For example, go for a walk, take a  
nap, dance

Write down individuals or groups you can  
ask for help when stressed

“Caring for myself is not self-indulgence, it is self-preservation”  
- Audre Lorde



**PROTECT  
YOUR  
PEACE**

# : MINDFUL FREEZE :

This is a playful movement game that develops listening skills, body awareness, balance, coordination and creativity.

**Ages:** 6-10

**Number of Players:** 2+

**Time:** 15-30 minutes

**What you'll need:** Open floor space and radio or music player

## HOW TO PLAY

1. Pick one person who will turn the music on and off. This person will be giving instructions on what movement or animal to be. They will call out a movement or animal and play music. Players will move around the space doing the movement or being the animal that was called out.
2. When the music stops players are to freeze. The challenge is to stay as still as you can in whatever position you're in when the music stops.
3. Players stay frozen in the position until the music is turned on again.
4. Each player gets a chance to play the music. Players get to call out 3 movements and/or animals before someone else gets to go.

- Marching
- Walking on tippy toes
- Walking on heels
- Walking backwards
- Walking sideways
- Bear walk
- Crab walk
- Slithering snake
- Frog jumps
- Bunny hops
- Hopping on one foot
- Airplane
- Be your favourite animal



## OPTIONS

- Be creative! See what other movements and animals you can think of.
- Instead of using music, try ringing a bell.

# : YOGI SAYS :

This is a playful movement and yoga game that develops listening skills, body awareness, balance, coordination and creativity.

**Ages:** 6-10

**Number of Players:** 2+

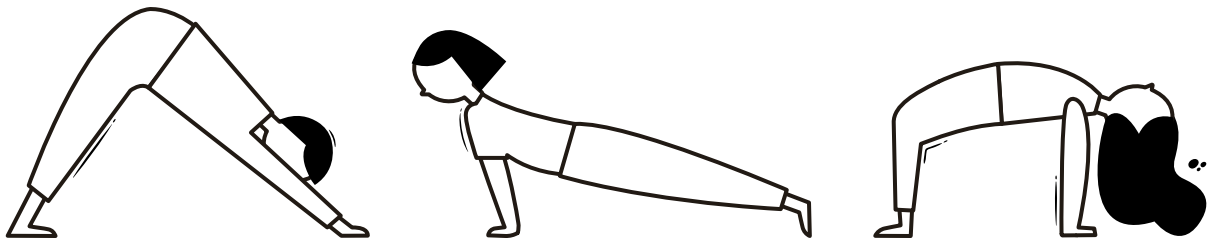
**Time:** 15-30 minutes

**What you'll need:** Open floor space

## HOW TO PLAY

1. Pick one person to be Yogi. This person will be giving instructions to everyone else. They'll say, "Yogi says" and name body parts. For example, "Yogi says, two feet and two hands." Players will strike a pose with only those body parts touching the ground.
2. Players can be creative with their pose as long as only the body parts that are called by Yogi are touching the ground. It may or may not be a yoga pose.

For example, "Yogi says, two feet and two hands" could be a downward dog, plank on your hands, reverse table pose, or something else.



3. Each player gets a chance to be Yogi. Yogi gets 3 turns to call out body parts before someone else gets to go.

## OPTIONS

- Add music! Yogi plays music when they call out body parts and players strike a pose before the music turns off (good for older age groups).
- Try using a yoga mat or a hoola hoop for players to pose on/in.



# = MOVING STATUES =

This is a quiet movement game that helps to build body awareness, balance, coordination, stillness and patience.

**Ages:** 6-10

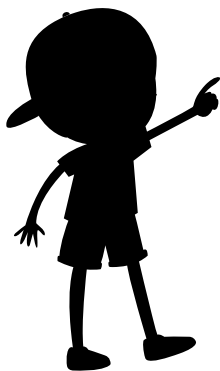
**Number of Players:** 4+

**Time:** 15-30 minutes

**What you'll need:** Open floor space

## HOW TO PLAY

1. One person is picked to be the museum guide and leaves the room to count to 20. The players then spread out and pose like a statue.
2. The museum guide comes back into the room, walks around and watches for the statues to move. The statues can move position as quietly as possible when the guide isn't watching them.
3. When the museum guide spots someone moving, that player sits down.
4. The game is over when there's one statue left. The last remaining statue gets to be the museum guide next.



## OPTIONS

Try posing in only yoga positions, for example Tree, Warrior, Chair, etc.

# : Who is the Leader? :

This is a playful movement game that helps to build leadership, creativity, body awareness, awareness of our surroundings, and patience.

**Ages:** 8-12

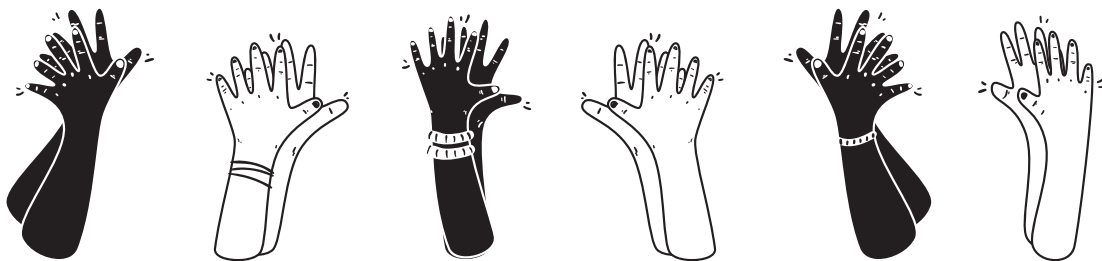
**Number of Players:** 5+

**Time:** 15-30 minutes

**What you'll need:** Open floor space

## HOW TO PLAY

1. One person is picked to be the detective and leaves the room to count to 20. The other players sit in a circle and decide who the leader will be.
2. The leader starts a movement, for example, clapping hands, tapping shoulders, foot tapping. Everyone in the group follows the movement the leader is doing.
3. The detective comes back into the room, stands in the middle of the circle looking around at the group and tries to identify who the leader is.
4. The leader continues to change the movement when the detective is not looking. The detective has three guesses at who the leader is.
5. The game is done when the detective picks the leader or when they've had three guesses. The leader is the detective the next round.



## OPTIONS

Instead of players being seated, you can try playing the game standing in a circle.

# - BALLOONS in the AIR -

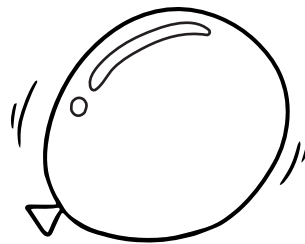
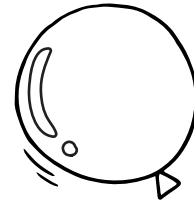
This is a fun and playful movement game that helps to build listening skills, body awareness, and hand-eye coordination.

**Ages:** 6-10

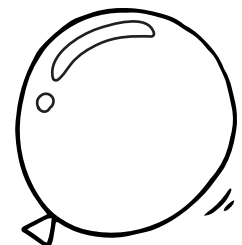
**Number of Players:** 4+

**Time:** 15-30 minutes

**What you'll need:** Open space, balloons, permanent markers, music player



1. Each player inflates one balloon and writes their name on it with a marker. Players can also draw or write other things on the balloon. For example, a favourite animal or picture of themselves. Be creative!
2. Pick one person who will turn the music on and off. When the music starts, all the players toss their balloons up in the air.
3. While the music is playing, all of the players make sure everyone's balloons (not just their own) stay in the air by gently tapping them up. This takes teamwork!
4. When the music stops, players have to find their own balloon, catch it before it touches the ground, and then stop moving.
5. Anyone whose balloon is on the ground when the music stops sits down with their balloon. If a player has caught someone else's balloon, they also sit down. The player whose balloon was caught by someone else stays in the game.
6. Start the music again and repeat until one player is left standing with their balloon. This player can be the person that turns the music on and off next or they can pick another player to do it.



**Option:** for more of a challenge, give each player two balloons!

# : Zeh Catch :

This playful game develops concentration, hand-eye coordination, cooperation skills and memory. The goal is to work together as a group to throw the ball once to each player.

**Ages:** 8-12

**Number of Players:** 10+

**Time:** 15-30 minutes

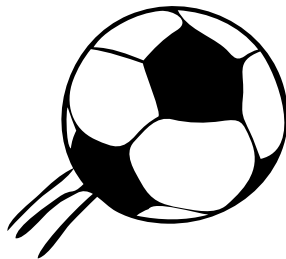
**What you'll need:** Open floor space and a ball

## HOW TO PLAY



All the players stand in a circle facing each other. One player starts with the ball. The game begins with that player throwing the ball to another player. Without any prompting, popcorn style, the players continue to throw the ball to each other without dropping the ball or throwing it to a player more than once. Players cannot throw the ball to the people standing immediately to their left or right. If the ball drops or a player is thrown the ball more than once, the group begins again. The game is done when all players have caught the ball once.

The smaller the ball the more challenging the game is!

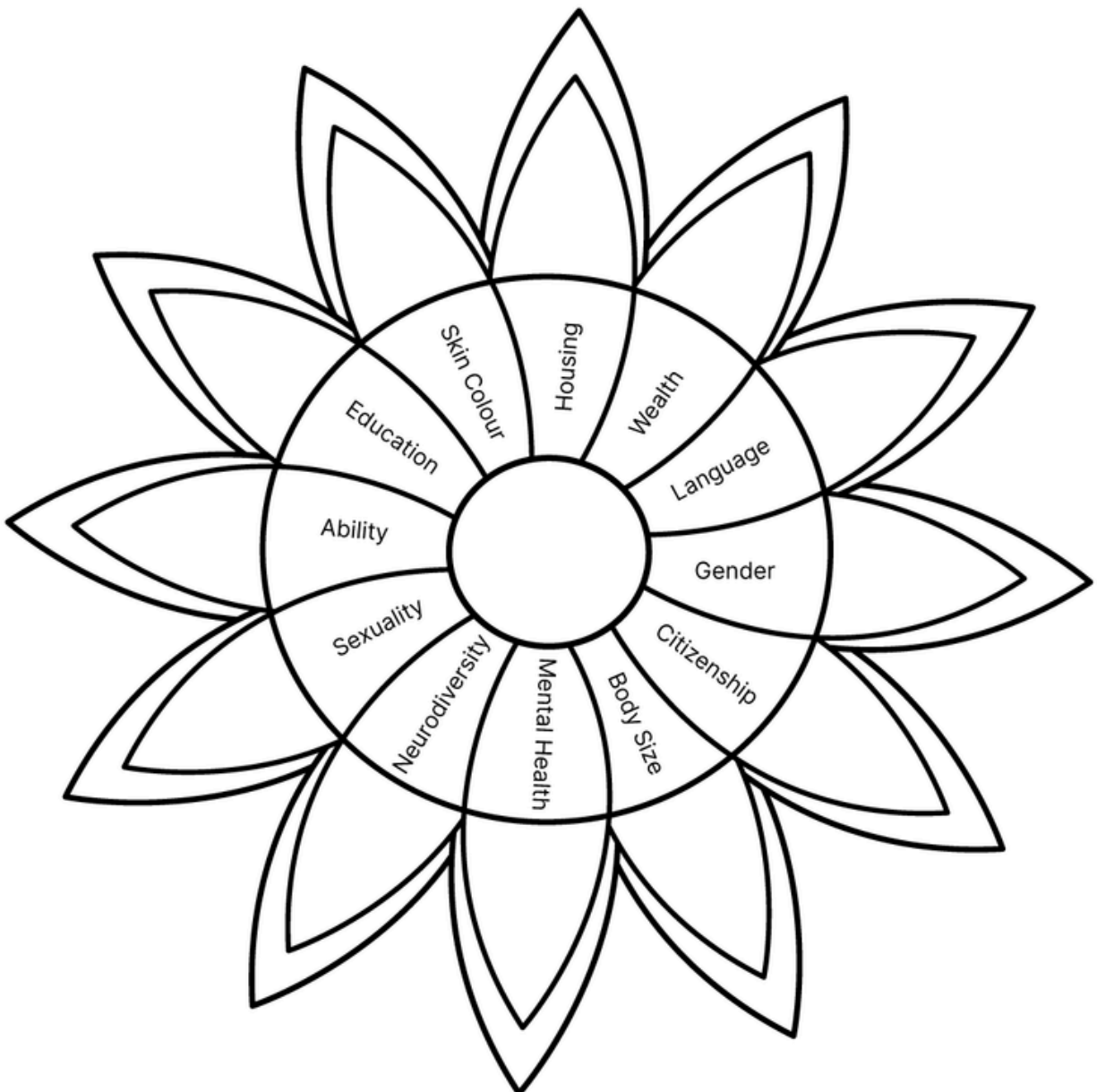


**Tip:** Keep a lightness around the challenge of throwing each player the ball. Enjoy this as a way to bring the group together. It may take several tries to reach the goal.

## YOUR IDENTITY ACTIVITY

# Colour Your Power Flower

Everyone is made up of various social group memberships, which intersect to make up aspects of our identity. In this activity, we'll explore 12 facets of identity represented by 12 flower petals. Reflect on how you identify within these categories. Each petal contains both an inner and outer part. Considering the dominant groups identified in the video, determine whether you fall into the dominant or marginalized groups in each category. Colour the outer section if you belong to the dominant group; if you're part of the marginalized group, colour the inner part instead. Feel free to use different colours for each category. This activity provides a visual understanding of your relationship to power based on your identity. Let's get started!



Categories of identity adapted from Sylvia Duckworth's  
"Wheel of Power/Privilege" and [ccrweb.ca](http://ccrweb.ca)

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