



Halloween Mindfulness



Sweet thoughts make Halloween even more magical.
Gather gratitude, kindness & calming thoughts in each section below.

Gratitude

My heart glows bright like a
jack-o'-lantern when I think about...



Kindness

I can share magic like a kind
Halloween witch by...



Regulation

When I feel restless like a
bubbling cauldron, I can calm down by...



Calmness

I feel peaceful and steady
like a moonlit night when I...

