# 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 likea moonlit night when I...

# Pumpkin Patch of Feelings

Color or label each pumpkin with a feeling. Then write what helps when you feel that way.

Feeling: _____

What helps?

_____

_____

Feeling: _____

What helps?

_____

_____

Feeling: _____

What helps?

_____

_____

Feeling: _____

What helps?

_____

_____

Feeling: _____

What helps?

_____

_____

Feeling: _____

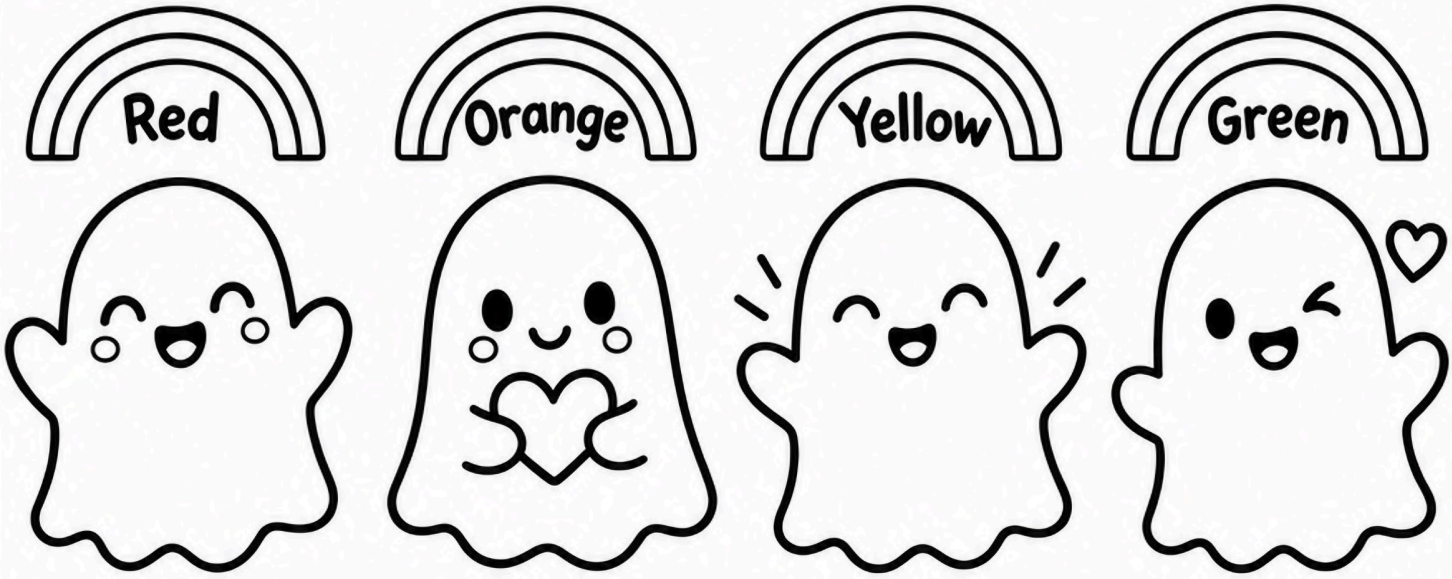
What helps?

_____

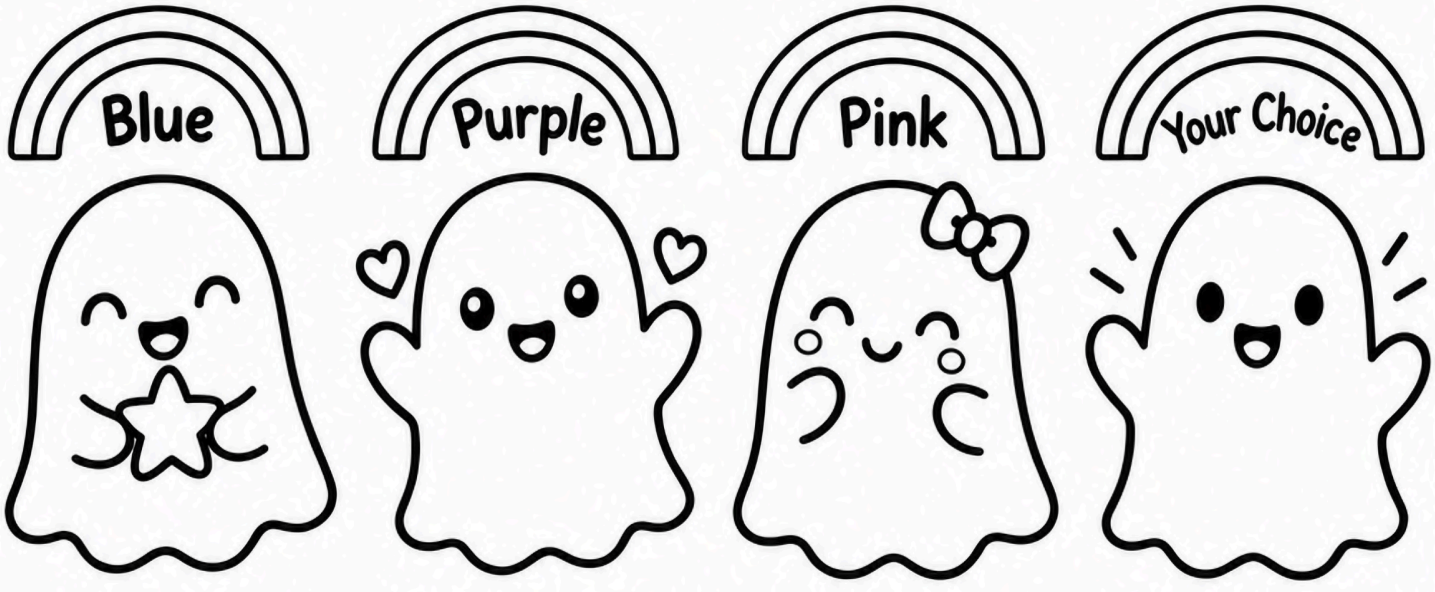
_____

# Halloween Rainbow of Kindness

**Complete each kind act, then color the ghost using the color shown above it. Finish all eight to create your own rainbow of kindness!**




| Do something kind. | Help someone today. | Share with a friend. | Say something thankful. |
|---|---|---|---|




| Give a compliment. | Make someone smile. | Show extra patience. | Choose your own kind act. |
|---|---|---|---|

# My Feelings Potion

Choose or write the things that help you feel good.
Think about what helps you feel calm & happy.
Color the ingredients you want to add to your potion!

Take deep breaths

Think a positive thought

Spend time in a quiet space

Get some movement

Talk to someone I trust

Read a book

Do a creative activity

Be kind to myself

Spend time with a pet

Get some rest

Drink water

Focus on something I love

Use a calm-down strategy

**When I feel worried, I add...**

- ○ _____
- ○ _____
- ○ _____

**When I feel angry, I add...**

- ○ _____
- ○ _____
- ○ _____

**When I feel sad, I add...**

- ○ _____
- ○ _____
- ○ _____

**When I feel overwhelmed, I add...**

- ○ _____
- ○ _____
- ○ _____

**My best magic ingredient is:** _____