

MINDFULNESS JOURNAL ♥ FOR KIDS



WELCOME TO YOUR JOURNAL FROM PAGE 4 MENTORS

At Page 4 Mentors, we help tweens and teens pause, reflect, and grow — with calm, confidence, and clarity.

Our name says it all: **P = Pause, A = Acceptance, G = Gratitude, E = Equanimity** — guided by our team of four certified mindfulness coaches.

This journal is your space to breathe, slow down, and connect with yourself — one mindful page at a time. We'd love to hear from you or share more about our mindfulness programs for teens, parents, and educators.

Connect with us:

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 www.page4mentors.com

 @page4mentors

Here's to quiet moments, bold steps, and mindful growth ahead. 🌱

"Mindfulness is the art of being fully awake to the present moment."

WHAT IS MINDFULNESS?

Mindfulness is a practice of gently focusing your awareness on the present moment and being fully engaged with whatever you're doing at the moment — free from distraction or judgment.

BEING MINDFUL...

- improves brain activity and creativity
- boosts mood and self-esteem
- reduces stress, worries, and regrets
- helps develop stronger relationships
- improves quality of sleep
- encourages positive behavior
- improves decision making ability

**Mindfulness is a
superpower.**



“Breathe, You-re exactly where you’re meant to be”

TUNING IN WITH YOUR FIVE SENSES

Use the 54321 grounding exercise to help you focus on the present moment and tune in to what is happening around you.

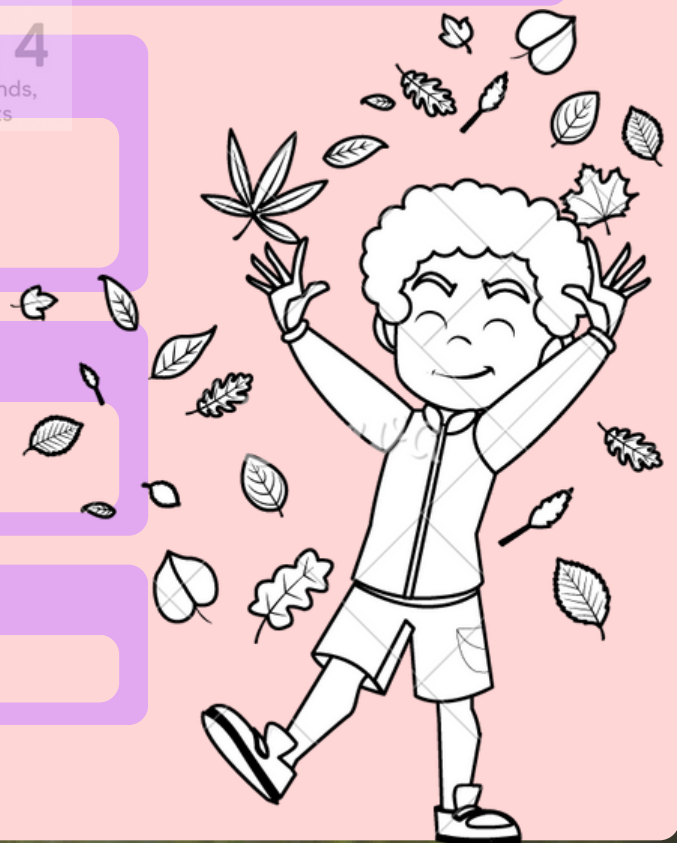
5 THINGS I SEE

4 THINGS I FEEL

3 THINGS I HEAR

2 THINGS I SMELL

1 THING I TASTE



“Small moments of stillness can change your whole day”

MINDFULNESS ACTIVITY



Practice mindfulness while gardening. Ask an adult to guide you on sowing seeds, watering seedlings, or pulling weeds. Practice being fully present by turning your attention to the sights, sounds, smells, and textures of the gardening task at hand.

What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

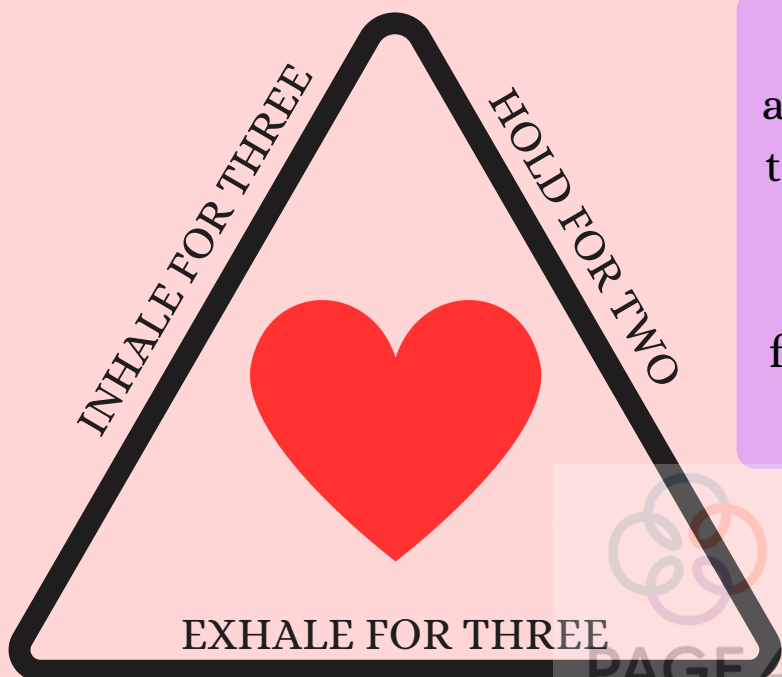


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Thoughtful minds,
playful hearts

“Notice the good. It’s always there, even if it’s quiet.”

MINDFULNESS ACTIVITY



Practice paying attention to your breath to calm your body. Take full breaths by tracing the lines with your finger as you breathe in and out.

What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

*“Let go of what you can’t change
& focus on what you can grow”*

MY THOUGHTS

Write or draw any thoughts that keep coming up.



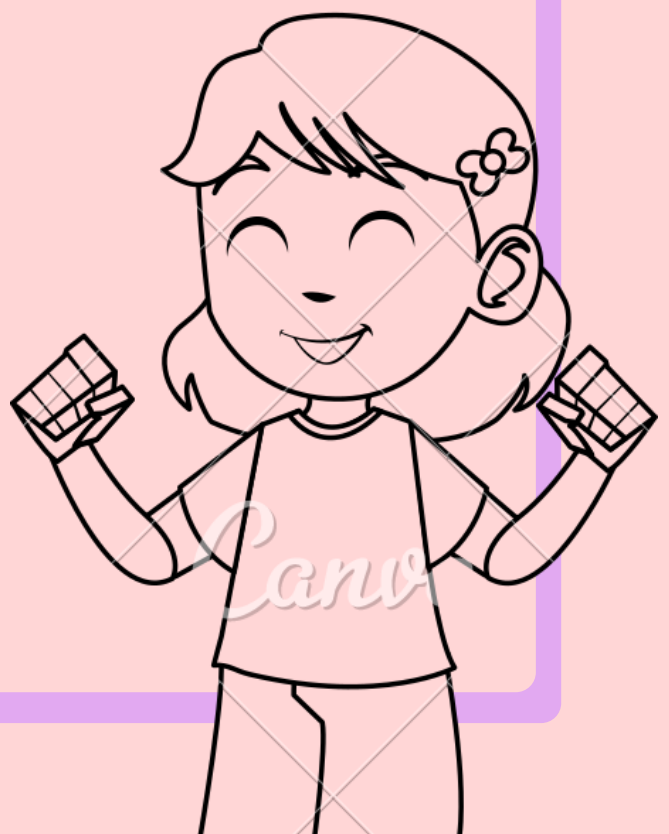
*“Joy blooms naturally when you are fully
present in the moment”*

FEELING JOY

Write down five things that make you feel joyful.

Describe your happy place. What do you see, hear, feel,
and smell in your happy place?

Thoughtful minds,
playful hearts



"Peace and joy begin where the present moment is embraced."

COPING WITH ANGER

Write down five things that make you feel angry.

Write down five healthy coping skills.

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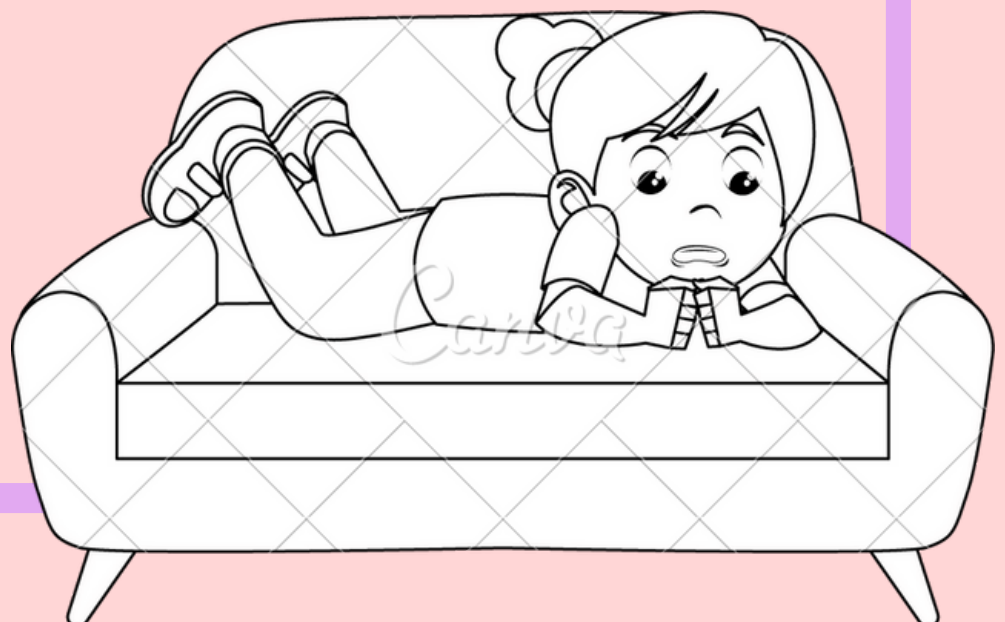
Thoughtful minds,
playful hearts



"It's okay to have worries – naming them is the first step to letting them go."

MY WORRIES

Write down all of your worries that keep coming up.

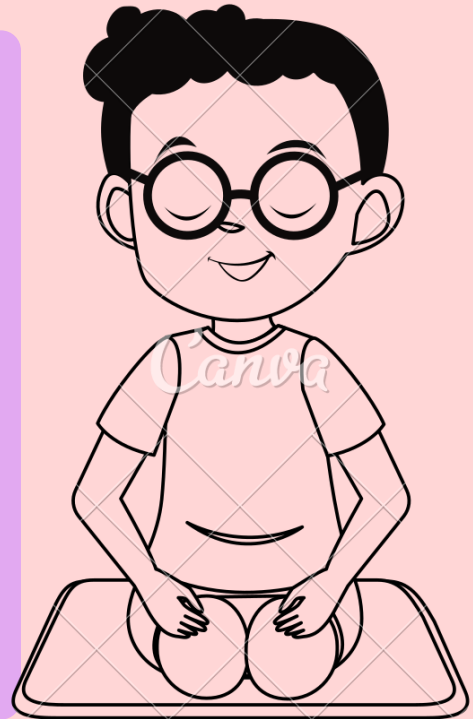


*“Be kind to your mind – It’s doing its best to take
care of you”*

MINDFULNESS ACTIVITY

Sit straight on a chair or on the floor.

Keep the back and the shoulders relaxed. Close your eyes. Breathe mindfully for five minutes. Breathe in for 3 seconds, hold your breath for 4 seconds, and breathe out for 5 seconds. As you inhale, you breathe in love, joy, and peace. As you exhale, you breathe out sadness, boredom, anger, and tiredness.



What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?



"Each day is a chance to pause, reflect, and grow a little wiser."

DAILY REFLECTION

Date: _____

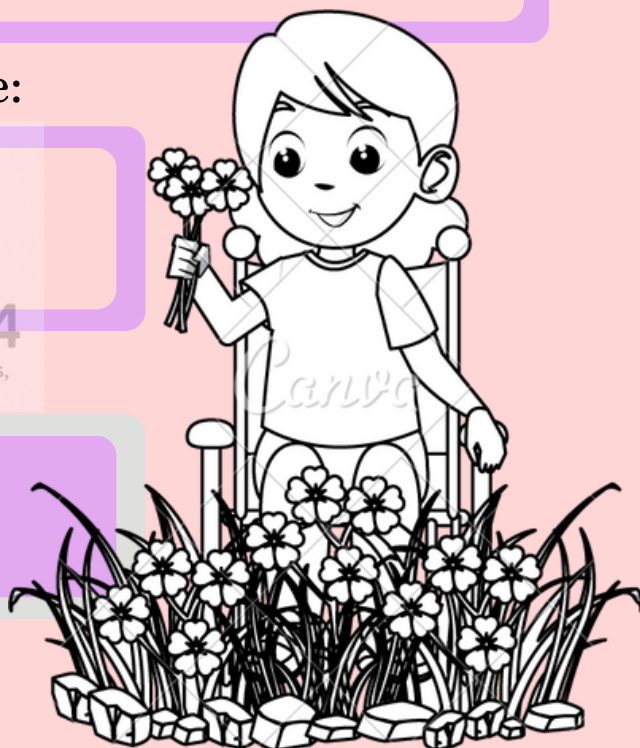
Three moments you'd like to remember:

One thing that inspired you:

One thing that surprised you:

One person who made you smile:

One thing you accomplished:

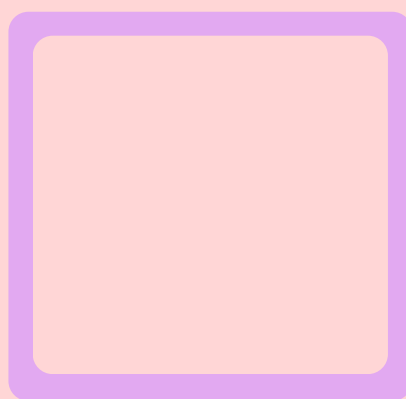
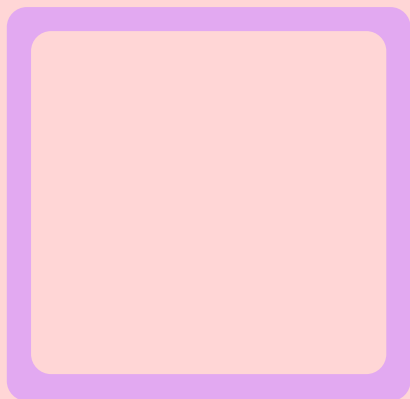


"Your thoughts don't define you- just observe them let them pass"

DAILY REFLECTION

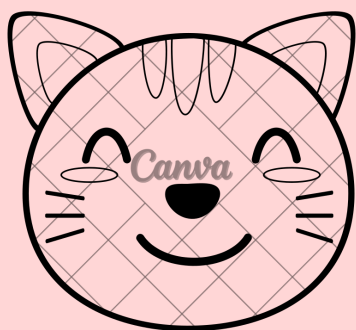
Date: _____

Things you are thankful for today:

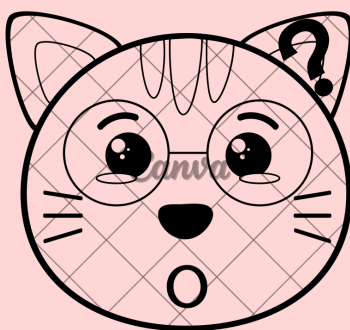


The most challenging part of your day was:

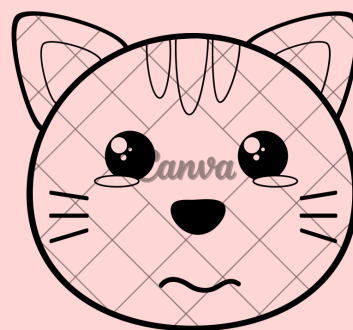
Color in your current mood:



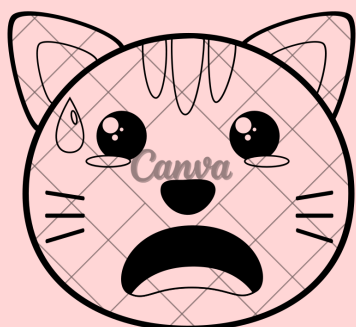
happy



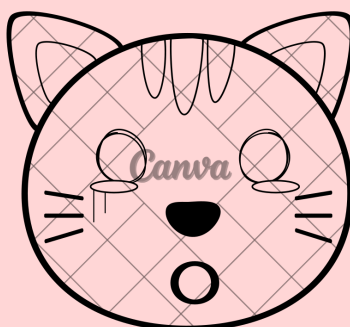
confused



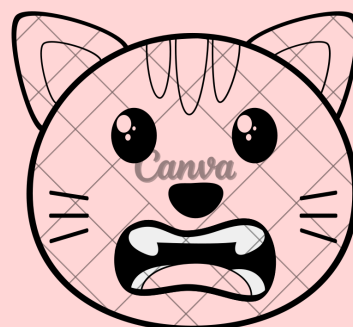
sad



scared



tired



upset

“Gratitude turns ordinary moments into something special”

GRATITUDE JOURNAL

Date: _____

Things you are thankful for today:



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Thoughtful minds,
playful hearts

"Play, pause, and notice – mindfulness can be fun too!"

Mindfulness *BINGO*

*Turn everyday actions into moments of awareness.
Complete a row—or the whole card—and invite calm back
into your day, one mindful moment at a time.*

Take 3
deep
breaths

Sip a
glass of
water
slowly

Notice
5 things
you can
see

Write down
3 things
you're
grateful for

Listen to
your favorite
song
mindfully

Stretch
and feel
your body

Go for a
mindful
walk

Think of one
thing you're
grateful for

Give
yourself a
big hug.

Smile at
yourself in
the mirror

Feel your
feet on the
ground

Step outside
and notice
the air

Free space

Eat a snack
slowly,
noticing each
bite

Take a
mindful
photo.

Draw a
doodle for
5 minutes.

Compliment
someone.

Sit quietly
for one
minute.

Drink a glass
of water
slowly.

Notice 3
sounds
around you.

Watch the
clouds for 2
minutes

Text a friend
something
nice

Spend 5
minutes
outside.

Notice your
posture and
adjust

Do a random
act of
kindness

MEET OUR MENTORS



Dr. Nandini
***Happiness Coach &
Posh Trainer***



K. Sreedevi
***Former Journalist &
Remedial Therapist***



Swathi. V
***Early Childhood Educator
& Parenting Coach***



Vartikka Arya
***AUTHOR
Career Strategist***

OUR COURSES



✦ WORKSHOP FOR STUDENTS

- STUDY SKILLS & EXAM PREPARATION
- STRESS MANAGEMENT & MINDFULNESS
- BUILDING CONFIDENCE & SELF ESTEEM
- DIGITAL WELL-BEING & MINDFUL SCROLLING
- EFFECTIVE COMMUNICATION & PUBLIC SPEAKING
- CAREER EXPLORATION & FUTURE READINESS
- MINDFUL JOURNALING & CREATIVE EXPRESSION

THANK YOU FOR JOURNALING WITH PAGE 4 MENTORS

You've taken a mindful step toward knowing yourself better — one page, one pause at a time.

Keep the practice going, and let every small reflection guide you toward calm and confidence.

✨ Share your favorite page or moment and tag us @page4mentors — we'd love to see your journey!



Priceless in purpose, valued at ₹499 — shared with love from Page 4 Mentors.