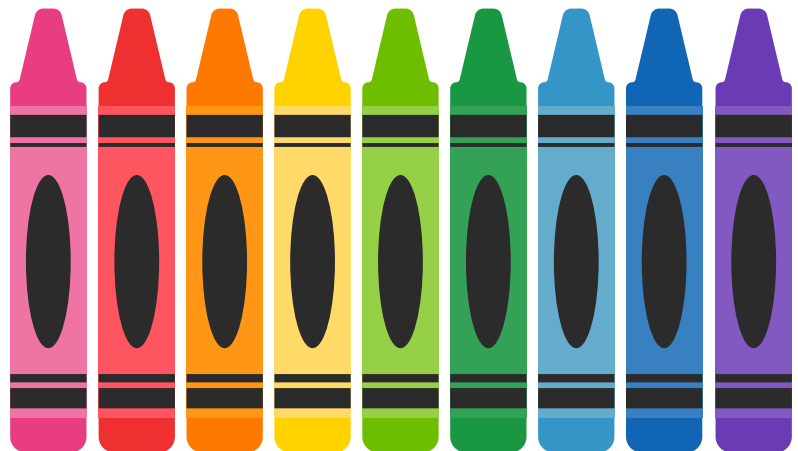
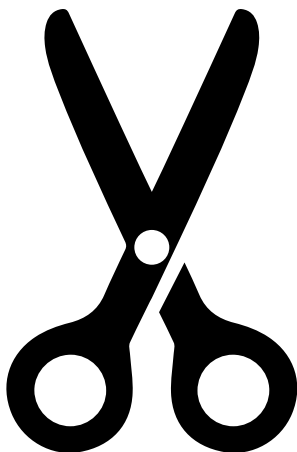




MINDFUL MUSICIANS

POCKET PAUSES – 2024



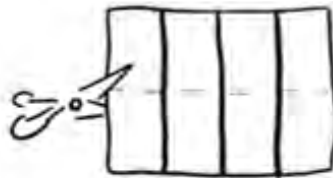
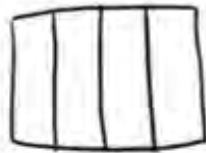
Fold your Pocket Pause

①

Print - DOUBLE SIDED

②

Cut in half



③

Pocket Pause 1



Pocket Pause 2

④

Fold accordion style



x 2

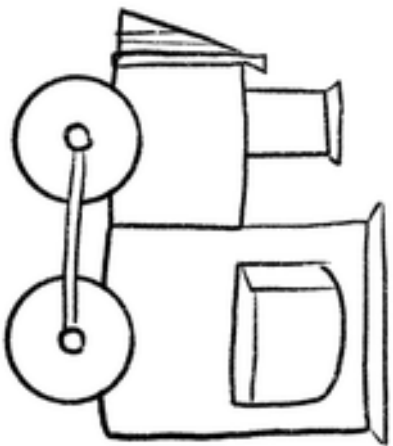
⑤

DONE!

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Please remember that sharing or distributing this content without permission impacts the ability of Mindful Musicians to produce future resources. Your support ensures we can continue to provide valuable tools for families and educators. Thank you for respecting these guidelines and helping us grow!"

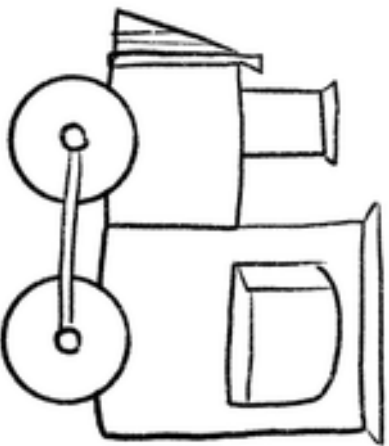
A train needs a conductor
and so does your brain
Remember you are in charge.



Fill this sky with things
you would love to look
up and see. (Real or not)



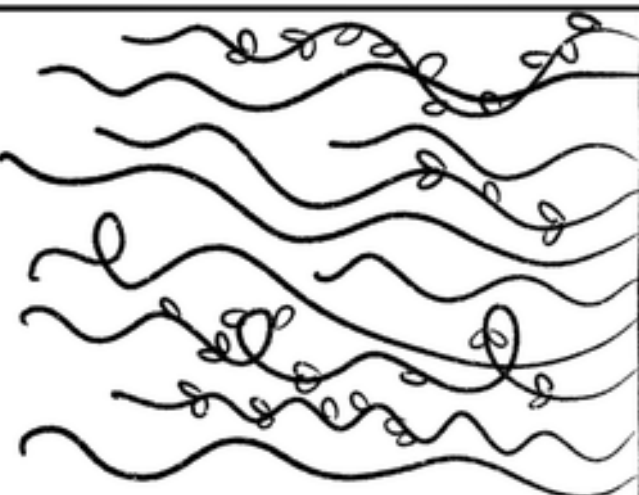
A train needs a conductor
and so does your brain
Remember you are in charge.



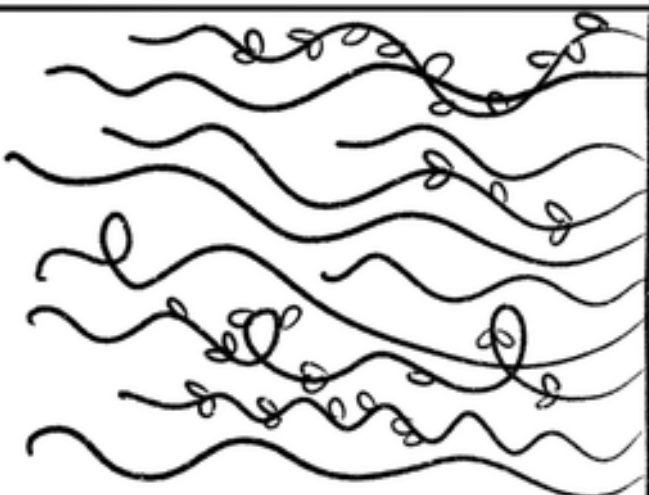
Fill this sky with things
you would love to look
up and see. (Real or not)



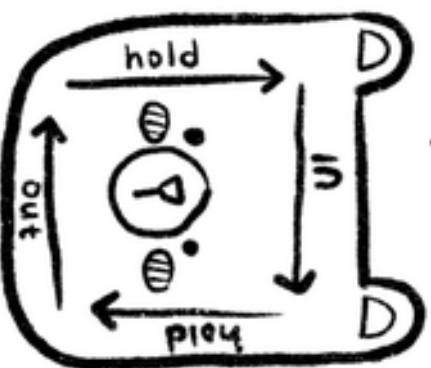
Add leaves to the
vines. Take your time



Add leaves to the
vines. Take your time



Square



Bear breathing

I Spy



4 clouds



grass

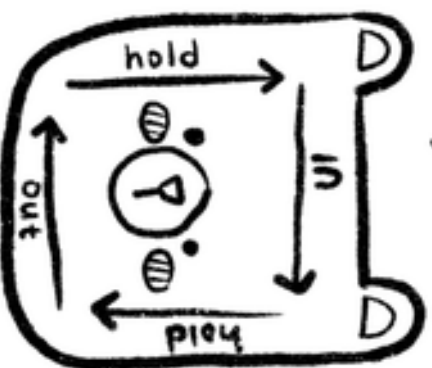


1 apple



3 books

Square



Bear breathing

I Spy



4 clouds



grass



1 apple

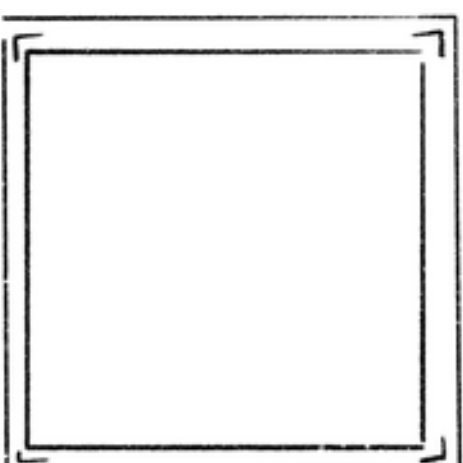


3 books

MY

FAMILY

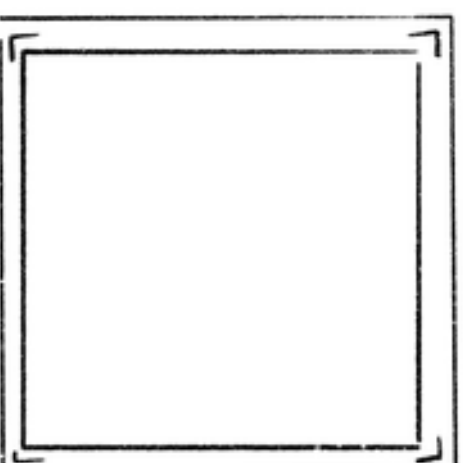
Draw the people you love



MY

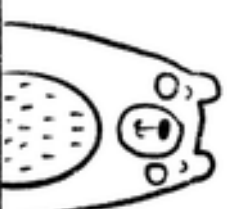
FAMILY

Draw the people you love

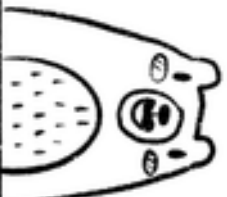


Decorate these bears in colors that you think match their emotions!

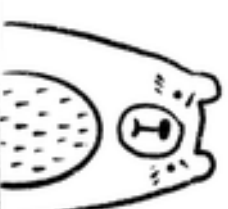
HAPPY



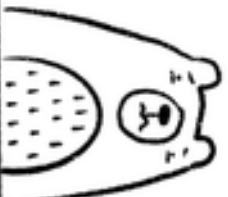
EXCITED



MAD

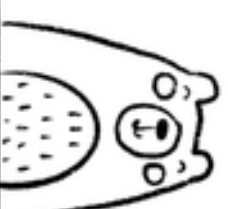


NERVOUS

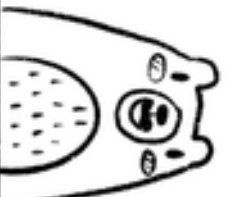


Decorate these bears in colors that you think match their emotions!

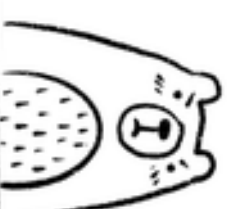
HAPPY



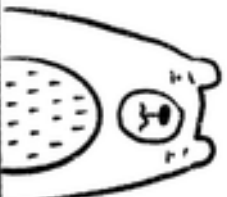
EXCITED



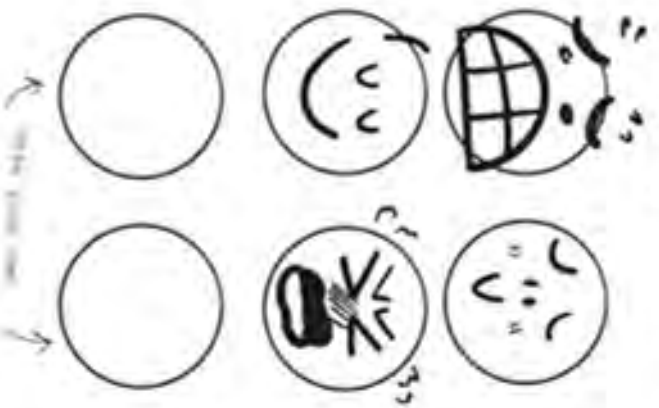
MAD



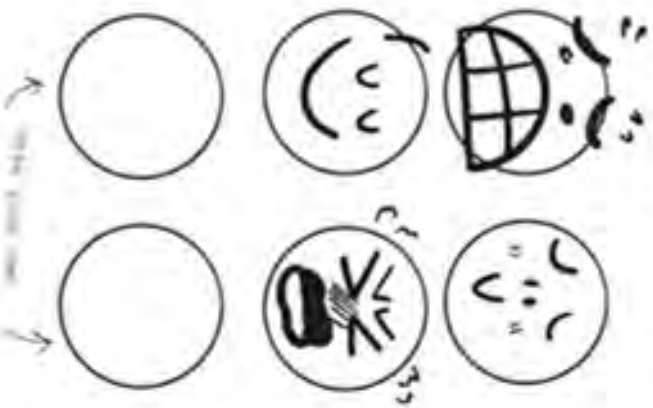
NERVOUS



How do you feel?



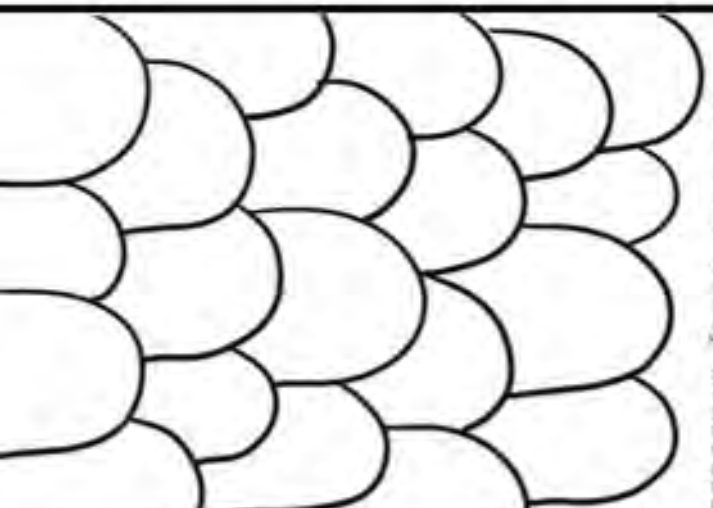
How do you feel?



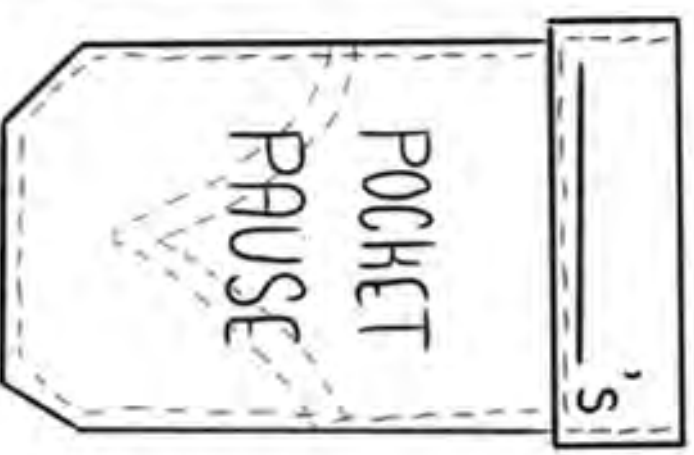
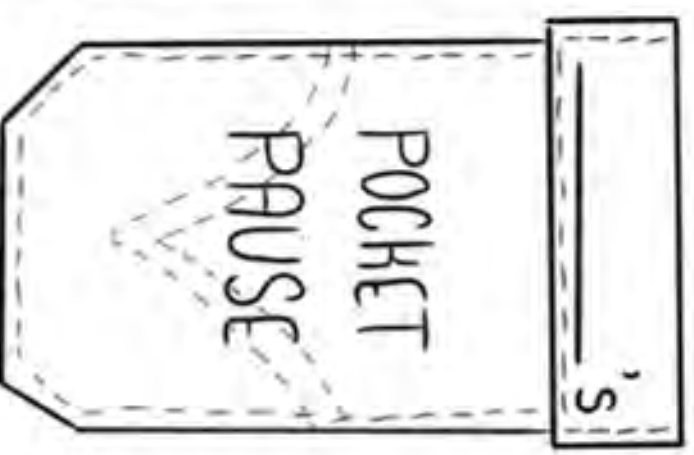
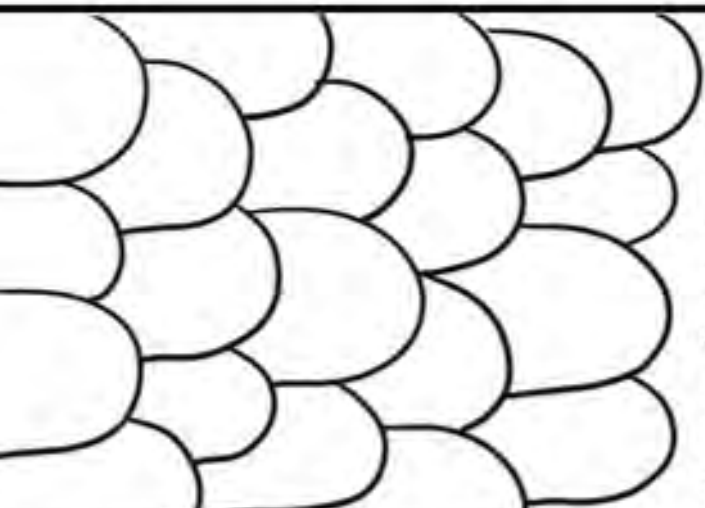
Fill this page
with things you
love.

Fill this page
with things you
love.

Create some silly monsters



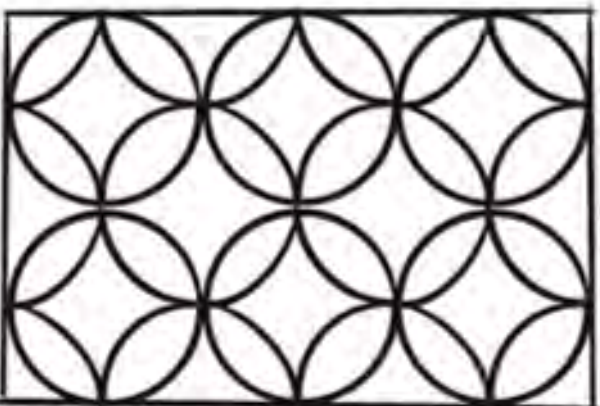
Create some silly monsters



Let's take a
coloring break.



Let's take a
coloring break.



I Spy



1. I spy an animal.
2. I spy something blue.
3. I spy a number.
4. I spy a living thing.
5. I spy something soft.



I Spy



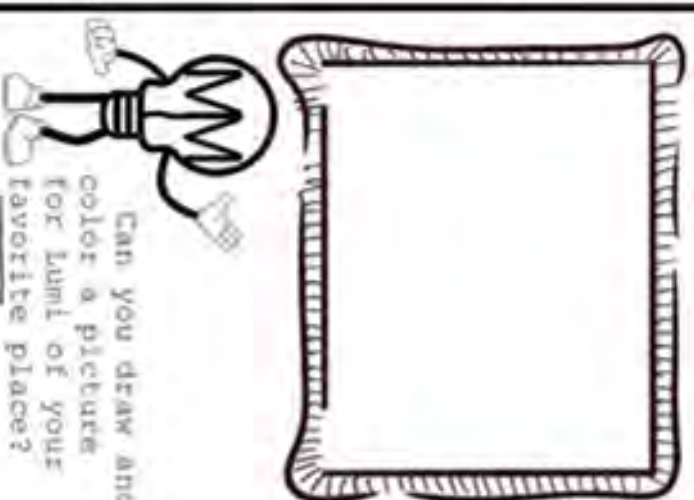
1. I spy an animal.
2. I spy something blue.
3. I spy a number.
4. I spy a living thing.
5. I spy something soft.



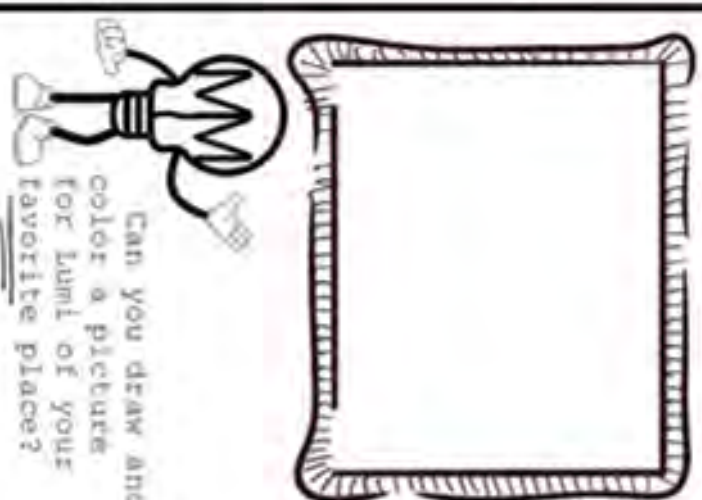
Let's slow down and add
some lines to the sea



Let's slow down and add
some lines to the sea

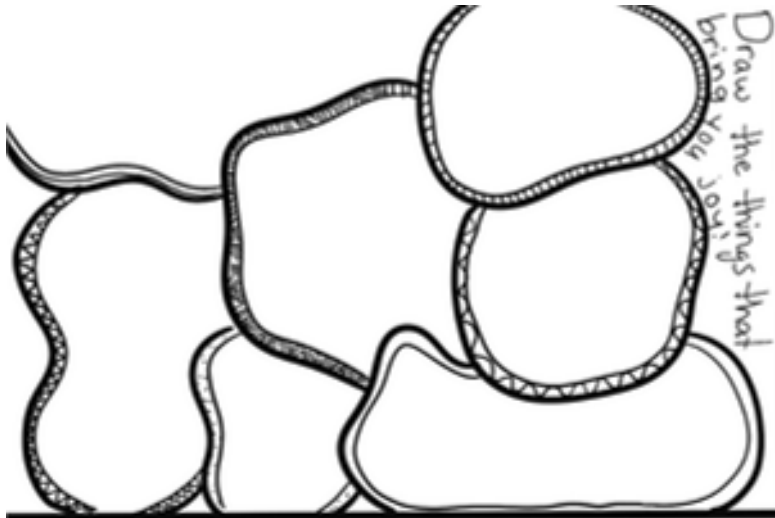


Can you draw and
color a picture
for luml of your
favorite place?



Can you draw and
color a picture
for luml of your
favorite place?

Draw the things that bring you joy!

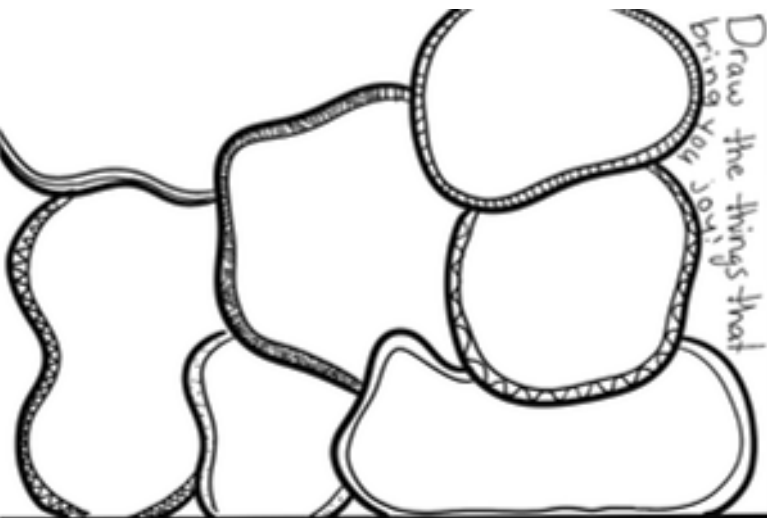


I Spy

- ☆ Something shiny
- ☆ Something dull
- ☆ 3 blue things
- ☆ 2 high-fives
- ☆ the sky
- ☆ Something bumpy
- ☆ a plant
- ☆ something hard



Draw the things that bring you joy!

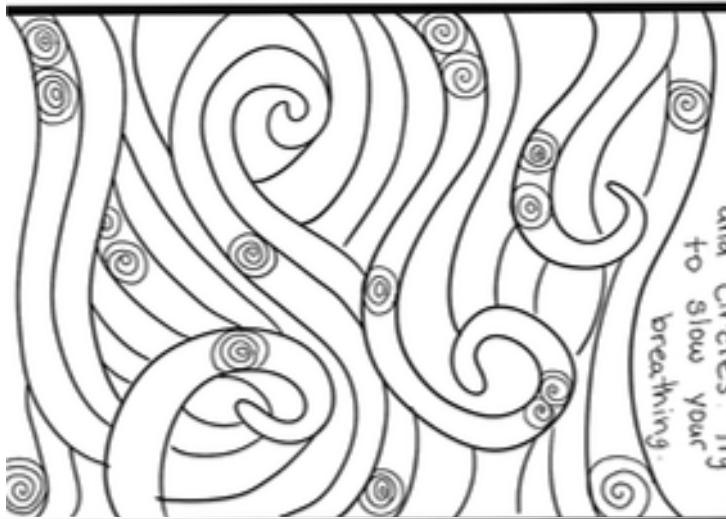


I Spy

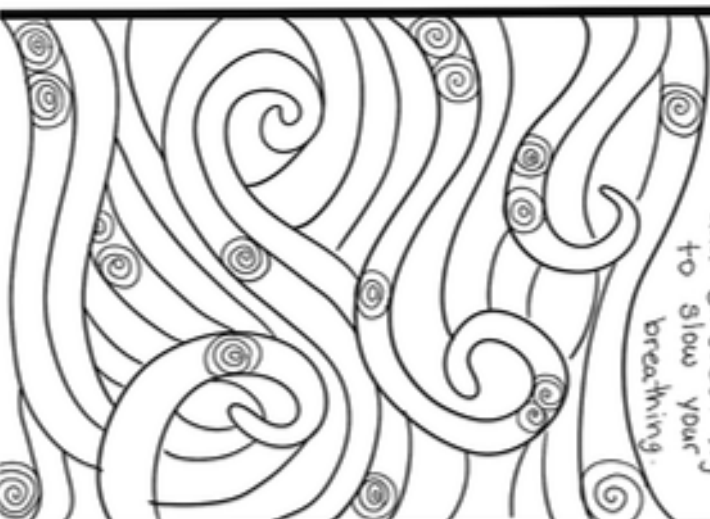
- ☆ Something shiny
- ☆ Something dull
- ☆ 3 blue things
- ☆ 2 high-fives
- ☆ the sky
- ☆ Something bumpy
- ☆ a plant
- ☆ something hard



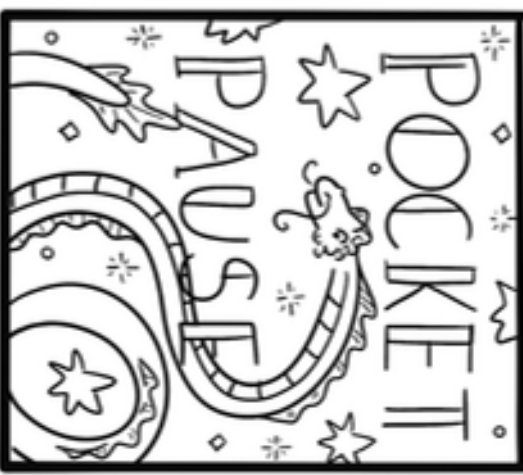
Fill the waves with spirals and circles. Try to slow your breathing.



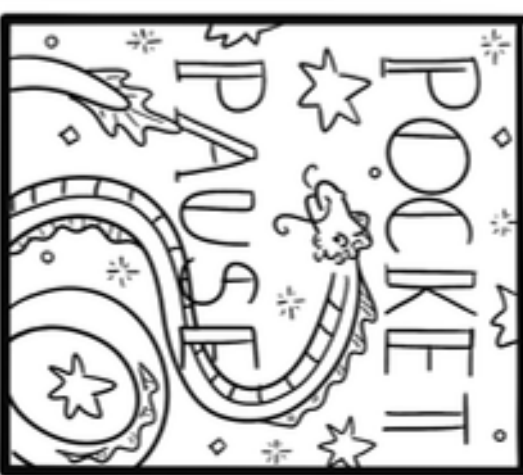
Fill the waves with spirals and circles. Try to slow your breathing.



's



's



How to draw a dragon



③



④



⑤



Feeling angry?
Try doing a slow fast
dragon breath through
your nose 5 times!

How to draw a dragon



②



③



④



⑤



Feeling angry?
Try doing a slow fast
dragon breath through
your nose 5 times!

Switch on your creativity!
Turn the two curved lines into
something AMAZING!



Switch on your creativity!
Turn the two curved lines into
something AMAZING!



Menu

Angry: I can

o Squeeze my hands and release x 4

Bad: I can

o Imagine my favorite place

Unfocused: I can

o stretch

Restless: I can

o do 10 wall push ups

o _____

Menu

Angry: I can

o Squeeze my hands and release x 4

Bad: I can

o Imagine my favorite place

Unfocused: I can

o stretch

Restless: I can

o do 10 wall push ups

o _____

Word Search



Gentle

Memory

Energy

Calm

Balance

Focus

Feelings

K G M E F A D B O G
W C S E N H V X V E
L Y F T M E M N X N
C W P R O R R Y T
K C J X S K R G T L
F O C V S N P Y Y E
L F N X A E C A Y M
F E E L I N G S L T
R B D B A L A N C E
E A O G B I N L M V

Word Search



Gentle

Memory

Energy

Calm

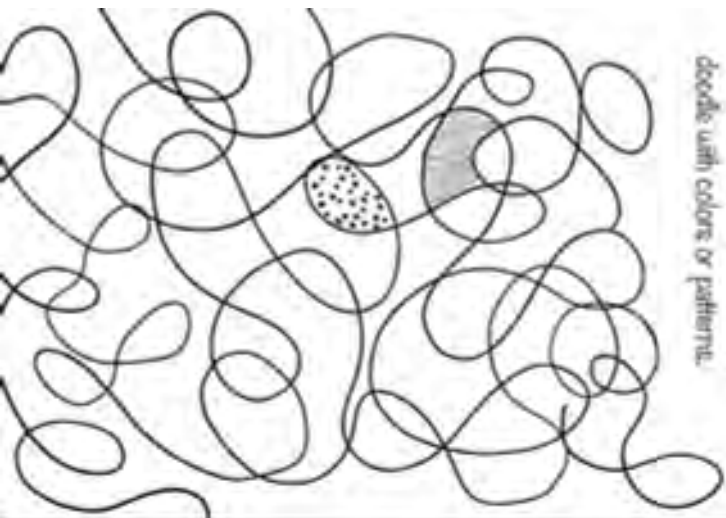
Balance

Focus

Feelings

K G M E F A D B O G
W C S E N H V X V E
L Y F T M E M N X N
C W P R O R R Y T
K C J X S K R G T L
F O C V S N P Y Y E
L F N X A E C A Y M
F E E L I N G S L T
R B D B A L A N C E
E A O G B I N L M V

Fill in the spaces of this squiggle
decide with colors or patterns.

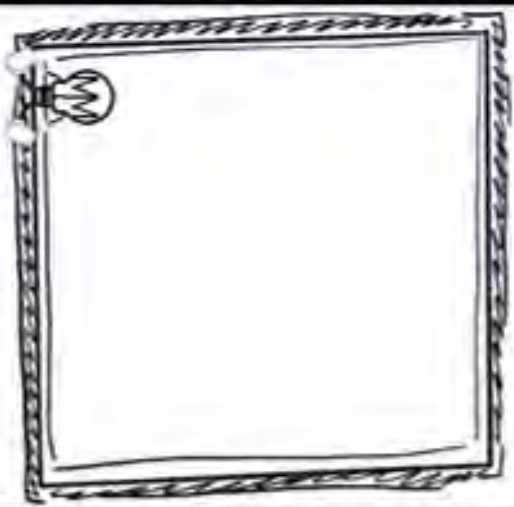


Word Search

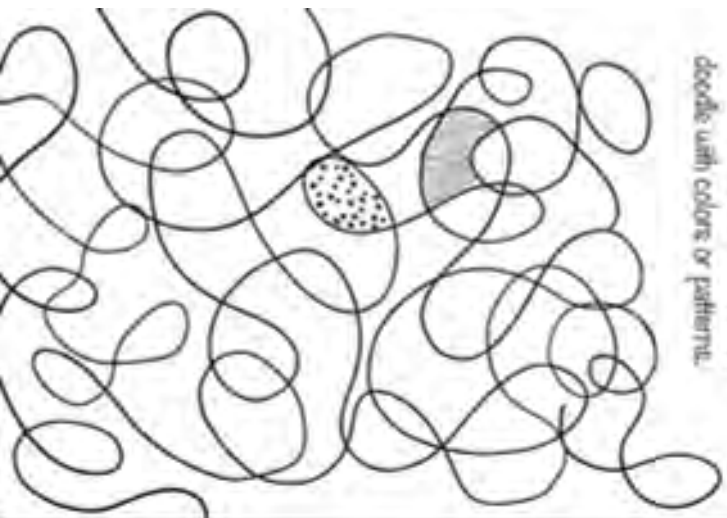
Discover "Zain" Hidden
How Curious Looking Line

P A T H C A L M K
B H K J D P N
I H U C R E B D
E N O L A I O L E
C E N A H O L S
G M S O N G S E
A

Can you draw a picture for Lumi
of your favorite game to play?



Fill in the spaces of this squiggle
decide with colors or patterns.

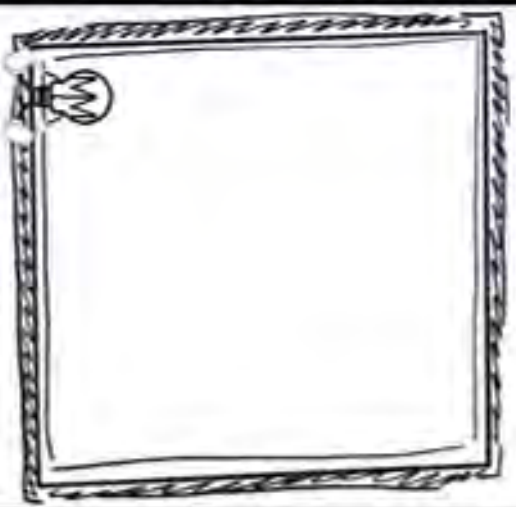


Word Search

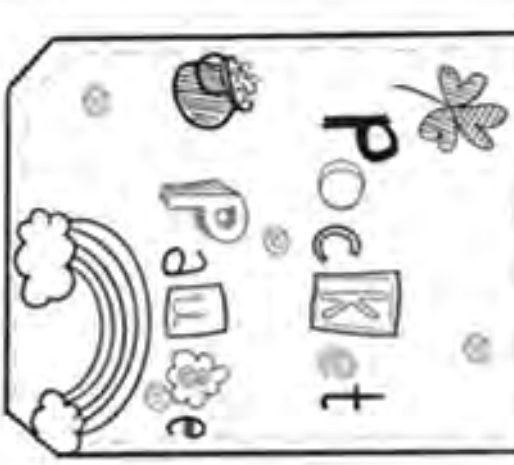
Discover "Zain" Hidden
How Curious Looking Line

P A T H C A L M K
B H K J D P N
I H U C R E B D
E N O L A I O L E
C E N A H O L S
G M S O N G S E
A

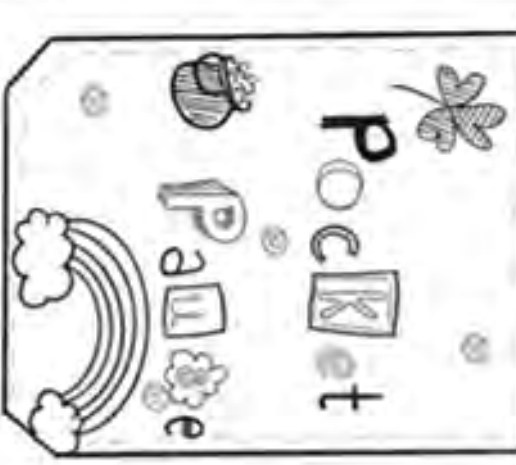
Can you draw a picture for Lumi
of your favorite game to play?



_____'S



_____'S

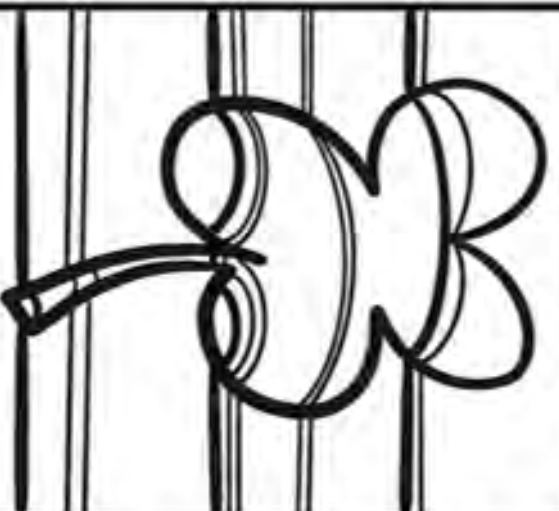


I Spy

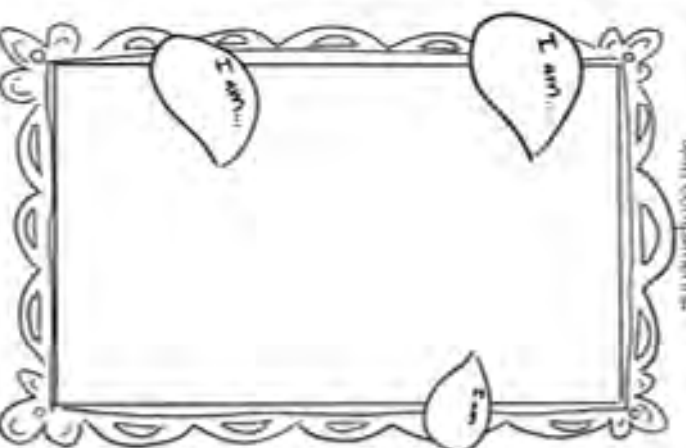
- ☐ Four green things
- ☐ Four shiny things
- ☐ A rainbow
- ☐ Something cold
- ☐ Something fluffy
- ☐ A hug
- ☐ The sky



How many lines can you fill this space with? See the clover pop off the page!



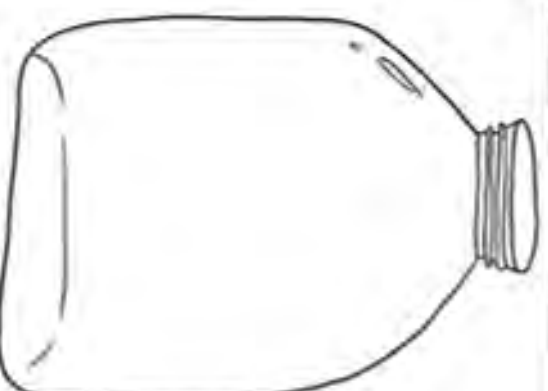
Draw your reflection here and fill the bubbles with compliments!



Choose colors for the different emotions and add your name. We'll fill your jar with your emotion thoughts your day!

Key:

- ☐ anger ☐ fear ☐ _____
- ☐ joy ☐ silliness ☐ _____

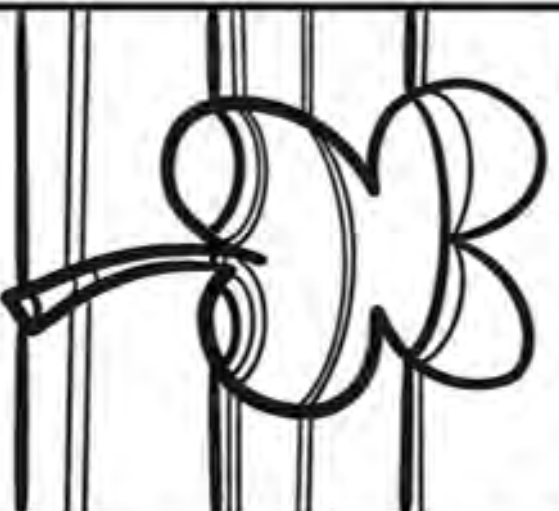


I Spy

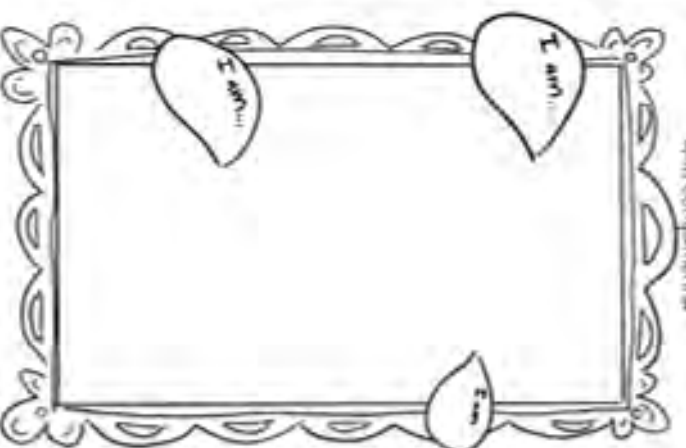
- ☐ Four green things
- ☐ Four shiny things
- ☐ A rainbow
- ☐ Something cold
- ☐ Something fluffy
- ☐ A hug
- ☐ The sky



How many lines can you fill this space with? See the clover pop off the page!



Draw your reflection here and fill the bubbles with compliments!



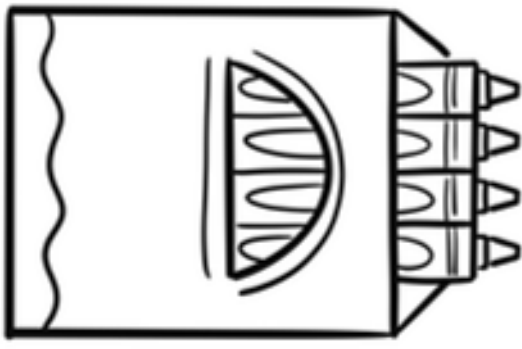
Choose colors for the different emotions and add your name. We'll fill your jar with your emotion thoughts your day!

Key:

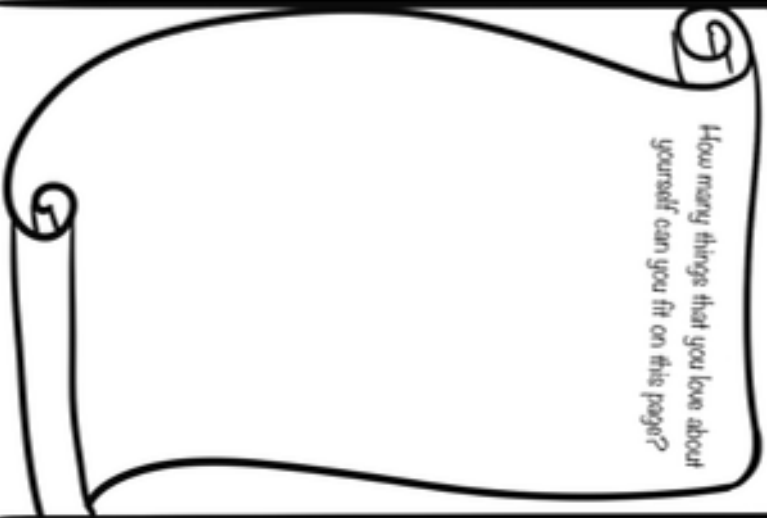
- ☐ anger ☐ fear ☐ _____
- ☐ joy ☐ silliness ☐ _____



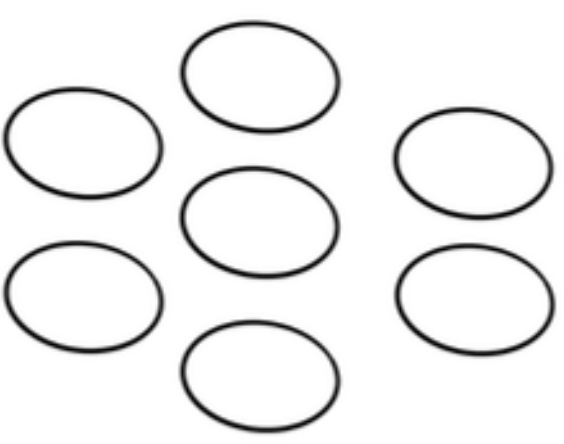
What color are your emotions right now?
Color each crayon one of your feelings, and
then decorate your crayon box.



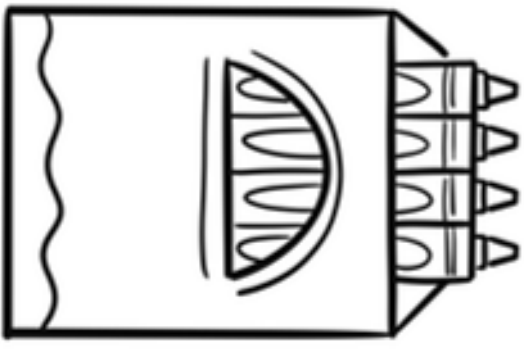
How many things that you love about
yourself can you fit on this page?



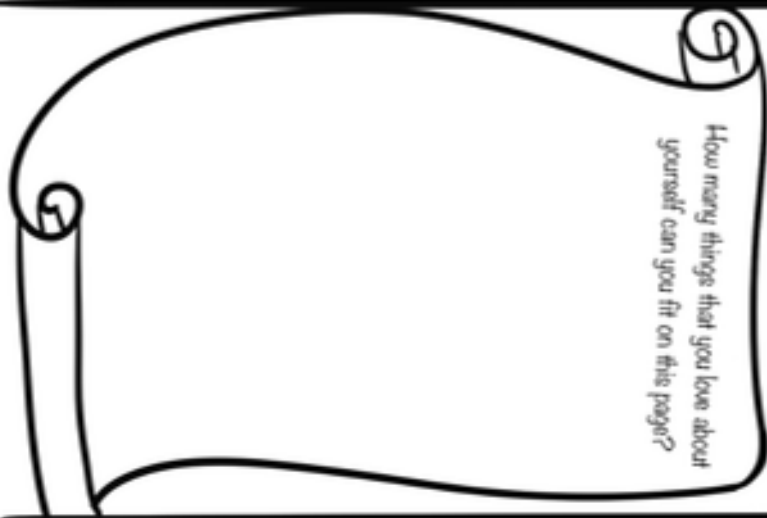
Draw the faces of the people you
love.



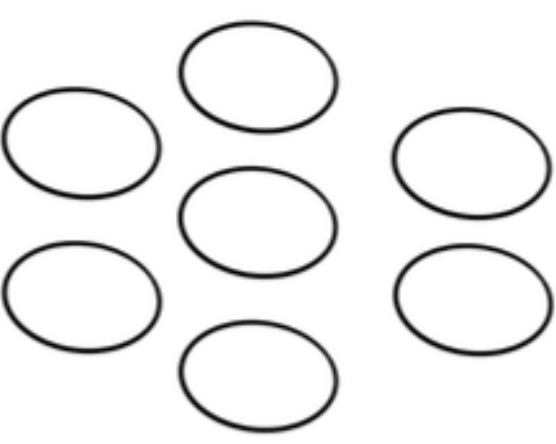
What color are your emotions right now?
Color each crayon one of your feelings, and
then decorate your crayon box.



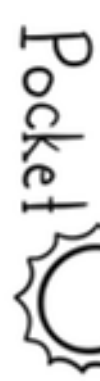
How many things that you love about
yourself can you fit on this page?



Draw the faces of the people you
love.



5



Pause



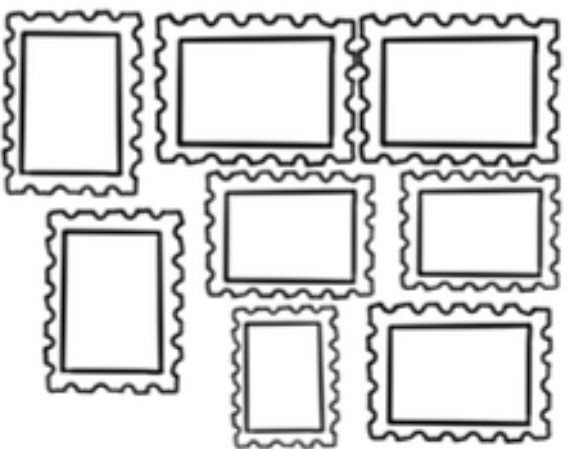
Pocket



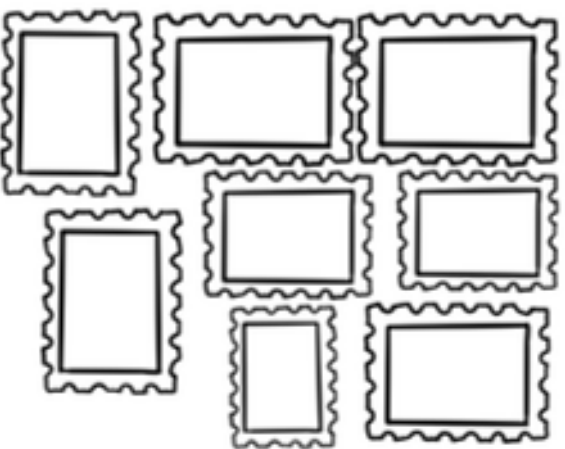
Pause



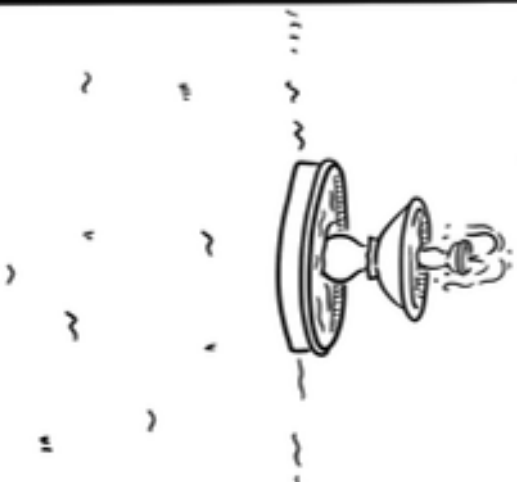
Write one word that represents who you want to be as a person in each of the postage stamps. Then color your postage stamps to make them pop.



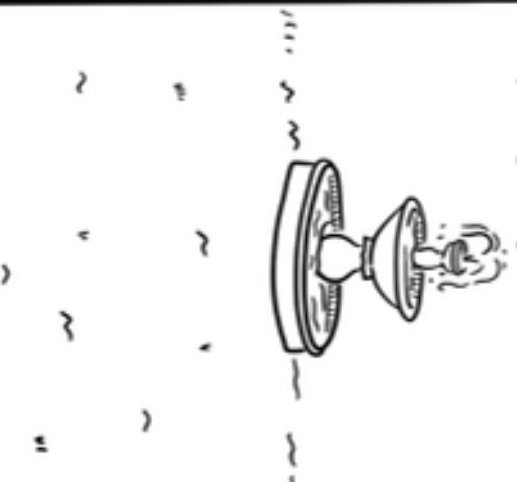
Write one word that represents who you want to be as a person in each of the postage stamps. Then color your postage stamps to make them pop.



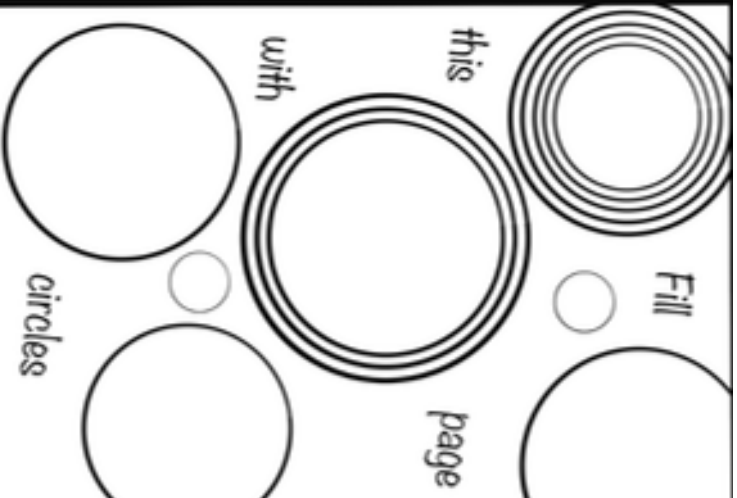
To fill this garden with flowers, you must give sincere compliments to others. For every compliment you can add one flower.



To fill this garden with flowers, you must give sincere compliments to others. For every compliment you can add one flower.



Fill this page with circles



5 circles
4 yellow things
3 fuzzy things
2 birds singing
1 sip of cold water

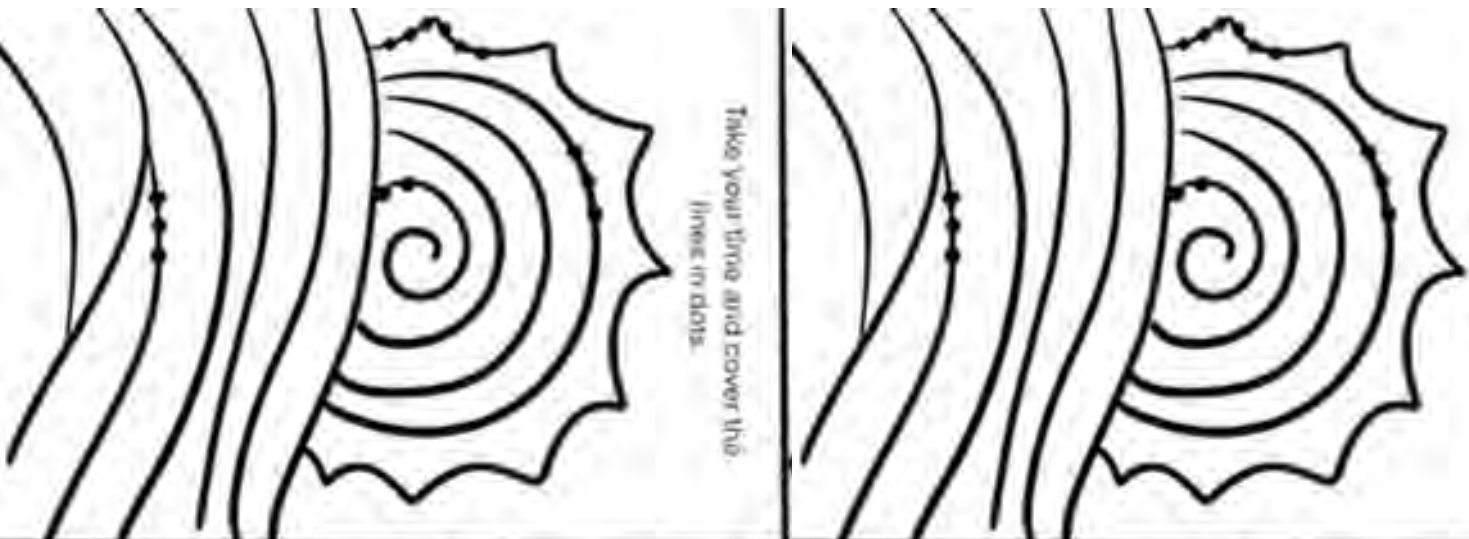


1 Spy

5 circles
4 yellow things
3 fuzzy things
2 birds singing
1 sip of cold water



Take your time and cover the lines in dots.



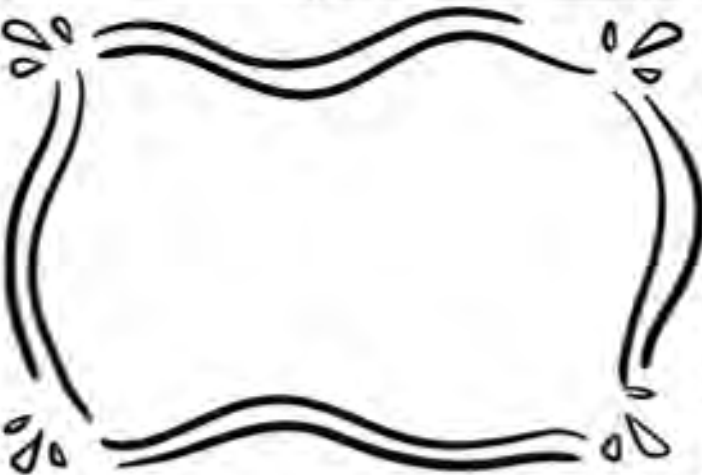
I Spy

- ★ THREE WOODEN OBJECTS
- ★ TWO BRIGHT THINGS
- ★ 3 SOFT THINGS
- ★ SOMETHING YELLOW
- ★ A SMILE
- ★ A LAUGH

I Spy

- ★ THREE WOODEN OBJECTS
- ★ TWO BRIGHT THINGS
- ★ 3 SOFT THINGS
- ★ SOMETHING YELLOW
- ★ A SMILE
- ★ A LAUGH

Invent your own toy and draw it here.



Invent your own toy and draw it here.

