

Tree Ring Breathing: A Mindful Grounding Activity





Instructions for Kids:

- Just like a tree grows new rings every year, you can grow stronger and calmer with each breath! Use this worksheet to practice mindful breathing and see how your "tree rings" expand.

Step 1: Breathe & Imagine

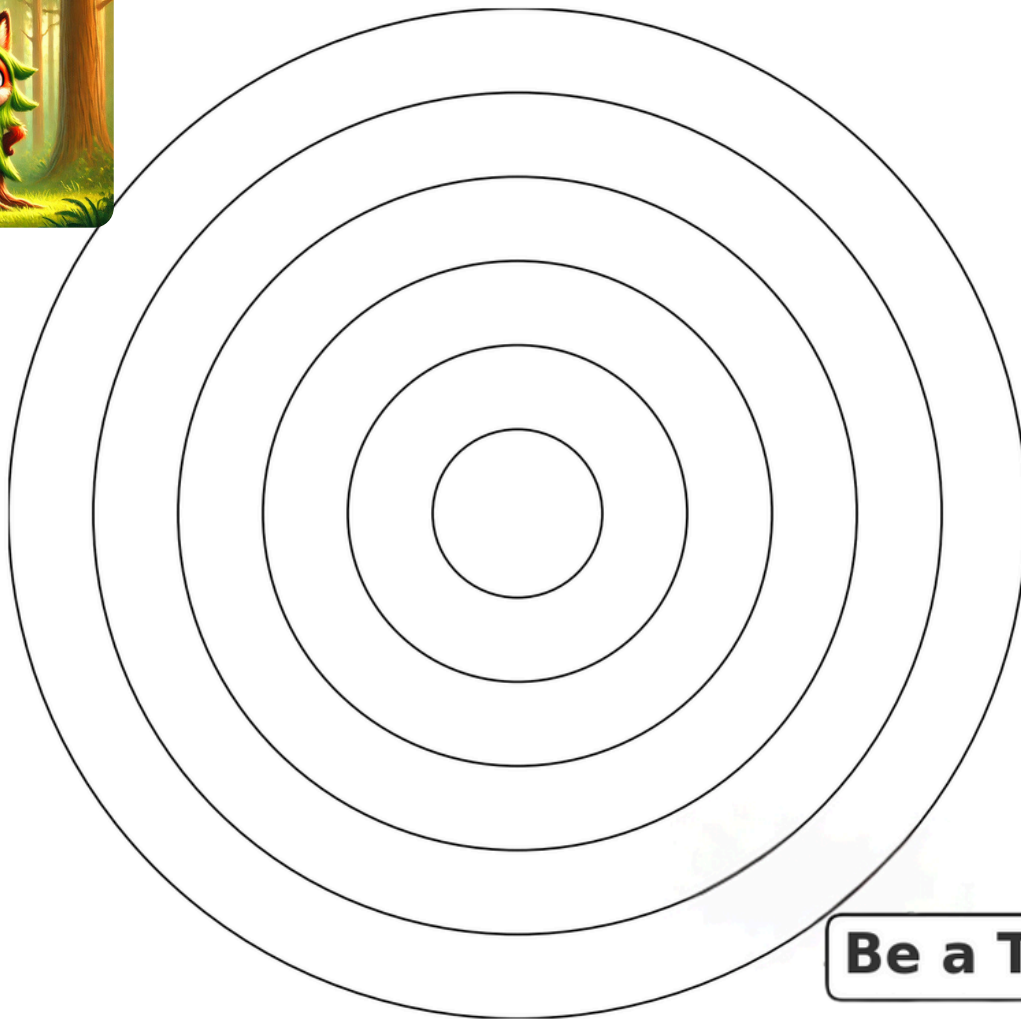
- 1 Close your eyes** - Imagine yourself as a strong, steady tree.
- 2 Inhale deeply** - Feel your roots anchoring into the earth.
- 3 Exhale slowly** - Picture a new ring forming around your tree trunk.
- 4 Repeat 3-5 times** - Grow a new ring with each breath.

Step 2: Trace Your Tree Rings

-  **Start at the center** of the worksheet with a small circle (your tree's first ring).
-  **Each time you breathe in and out, trace a bigger ring** with your finger, a crayon, or a marker!
-  **Keep going until you've traced all 6 rings.**
-  **Optional:** Write a word or feeling inside each ring (e.g., calm, strong, steady, safe).



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Be a Tree!

Step 3: Reflect & Discuss

- What words did you write inside your tree rings?
- How did it feel to grow your tree with each breath?
- What helps you feel rooted and steady when you're feeling overwhelmed?

Bonus Activity:

- Color your tree rings with different shades to show how you grow stronger with each mindful breath!
- Add leaves, roots, or animals to make your tree unique.