

Mindful Moments: A Daily Journal for Kids and Their Grownups

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slow down.
Breathe.
Connect.

Mindful Moments

A daily journal to help little minds feel big peace.

This journal belongs to:

How to Use This Journal

Hey there, little creator! This journal is your space to notice your big feelings, doodle your dreams, and spend some cozy time with someone you love. You can color it, write in it, or even add stickers—make it yours!

Daily Page Layout (Pages 3-33)

Repeat this page 30 times — one for each day!

Daily Mindful Moments Page Template:

-  Today's Date: _____
- 1. One Word to Describe How I Feel:
(Line for writing)
- 2. What Made Me Smile Today:
- 3. (Two lines or a wide box for writing or drawing)
- 4. Something That Felt Hard Today:
(Two lines)
- 5. A Cozy Thought or Thank You:
(Gratitude section – small box)
- 6. Draw a Picture of Your Day:
(Large square frame with cute doodle border)
- 7. Breathing Bubble (Draw your breath):
(Small empty circle for kids to trace or color while taking deep breaths)

final Page (Page 34)

"You Did It!" Page

- Big, cheerful heading: You finished your journal!
- Encouraging note:
- "Look at all your thoughts, feelings, and memories. You're amazing just as you are. Keep doodling, keep noticing, and remember—your little moments matter."
- Certificate of completion with space for name and date
- Stars, rainbow, or cute animal doodles