

My Calm Body and Mind

COLORING BOOK



Welcome to Your Calm Coloring Pages

These coloring pages are here to help you relax your mind and calm your body.

When you color slowly, your breathing gets softer, your muscles loosen, and your feelings have space to settle.

You can use these pages anytime you want to:

- Feel peaceful
- Take a break
- Calm your worries
- Focus your mind
- Express your feelings with color

There is no right or wrong way to color — just choose the colors you like and take your time.

Let this be your quiet, cozy space to breathe, relax, and create.

01

CALM BODY

Butterfly Tap Self-Hug

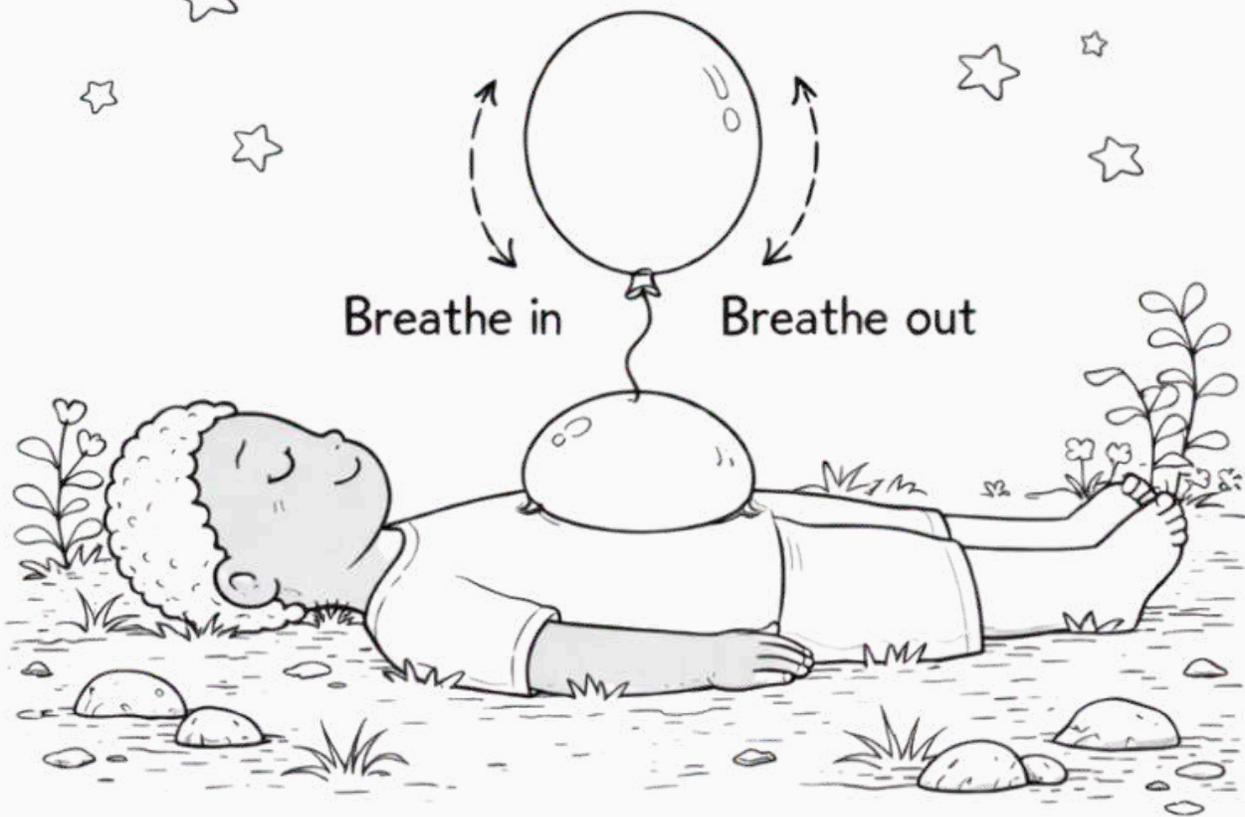


Cross your arms and give yourself a gentle squeeze.

- 1 Cross your arms and give yourself a gentle squeeze.
- 2 Tap one shoulder, then the other, slowly back and forth.
3. Breathe in as you tap with one hand.
4. Breathe out as you tap with the otherher hand.

Repeat slow butterfly taps until you feel calm and safe.

Balloon Belly Breathing



Place a toy or paper over your belly, then breathe in and

- Inhale through your nose
- Feel your belly fill up like a balloon.
- Exhale through your mouth like blowing out a candle
- Watch the toy or paper slowly rise and fall!

Five-Finger Breathing



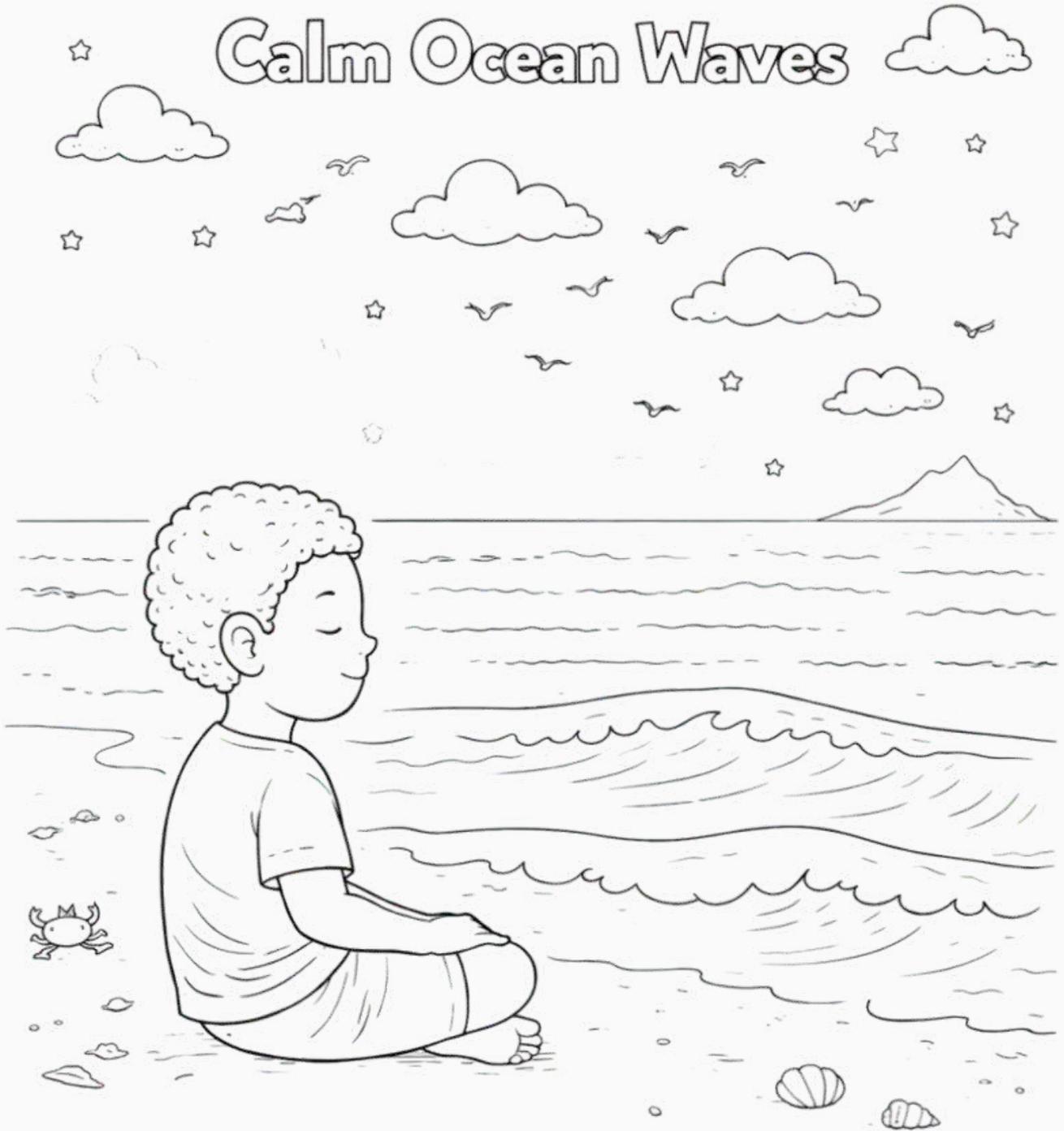
Feet on the Floor



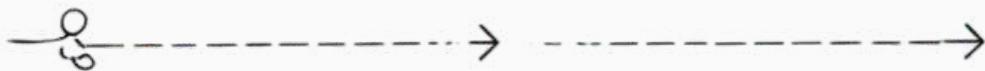
02

**SOOTHE WITH
NATURE**

Calm Ocean Waves



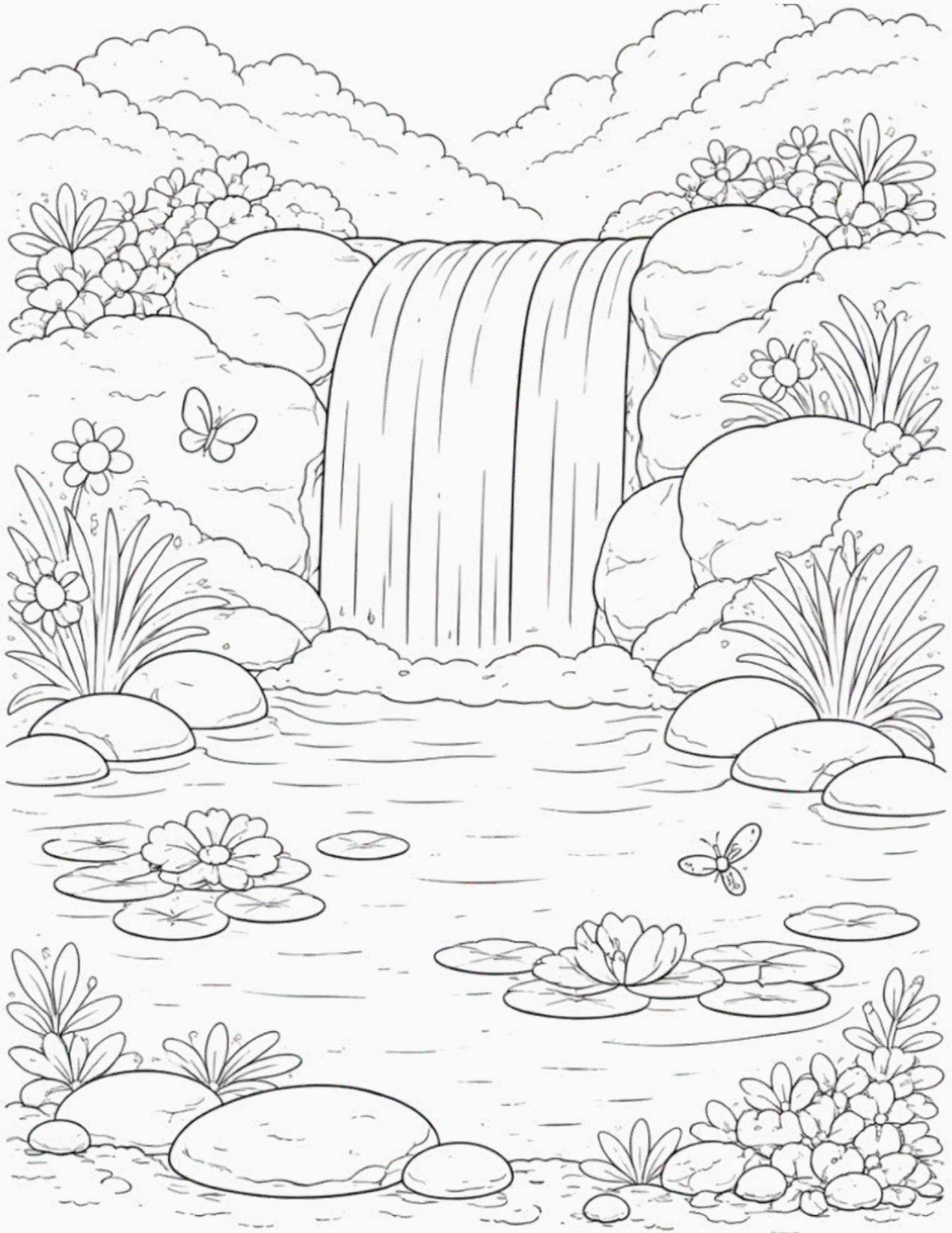
Breathe in slowly as waves rise....

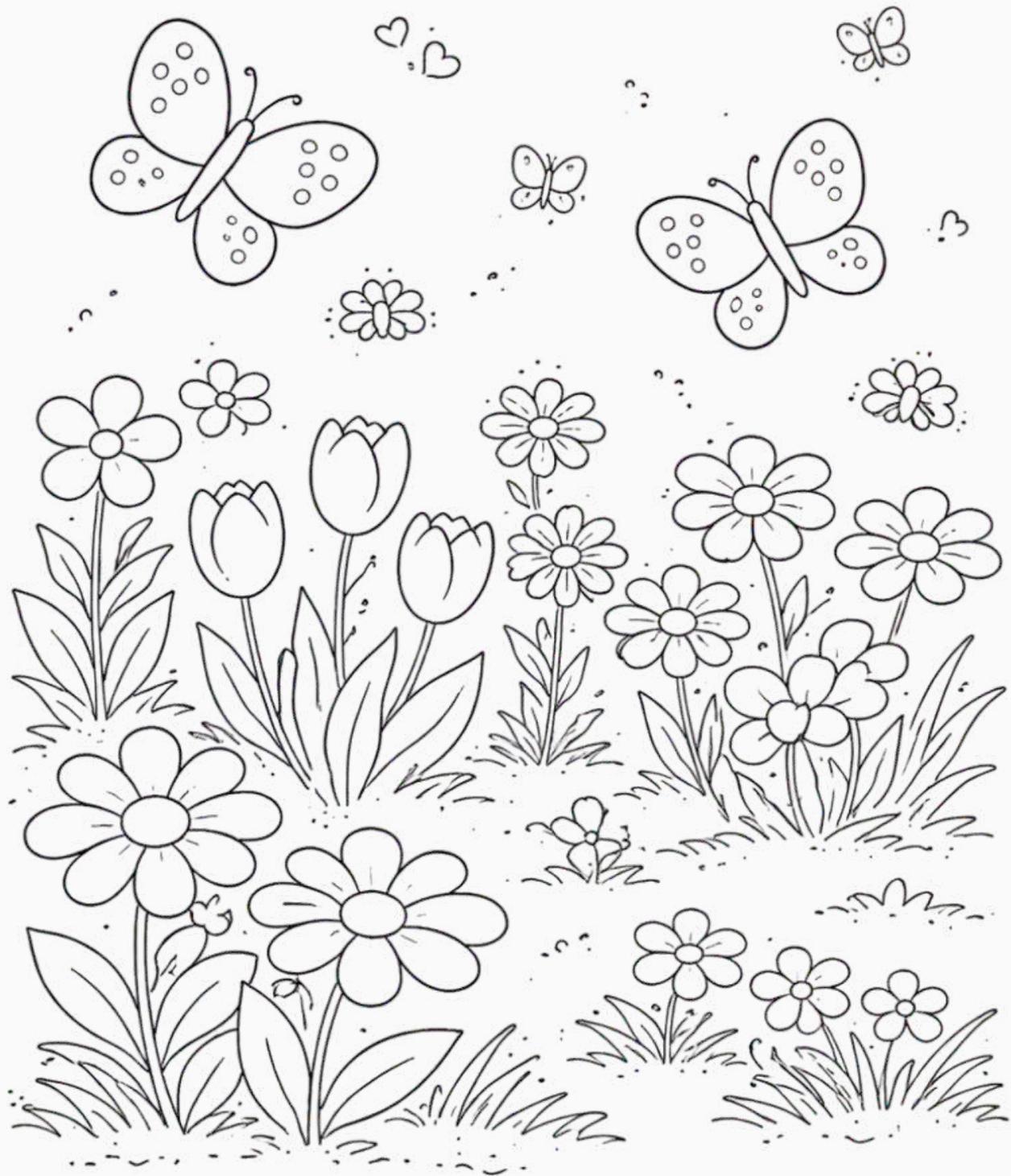


... and breathe out as they flow back into the sea.









03

**IDENTIFY
FEELINGS**



Happy



Sad



Calm



Loved



Excited



Worried



Loved



Excited



Proud

Color or circle the star that matches how you're feeling.

Why do you feel this way?

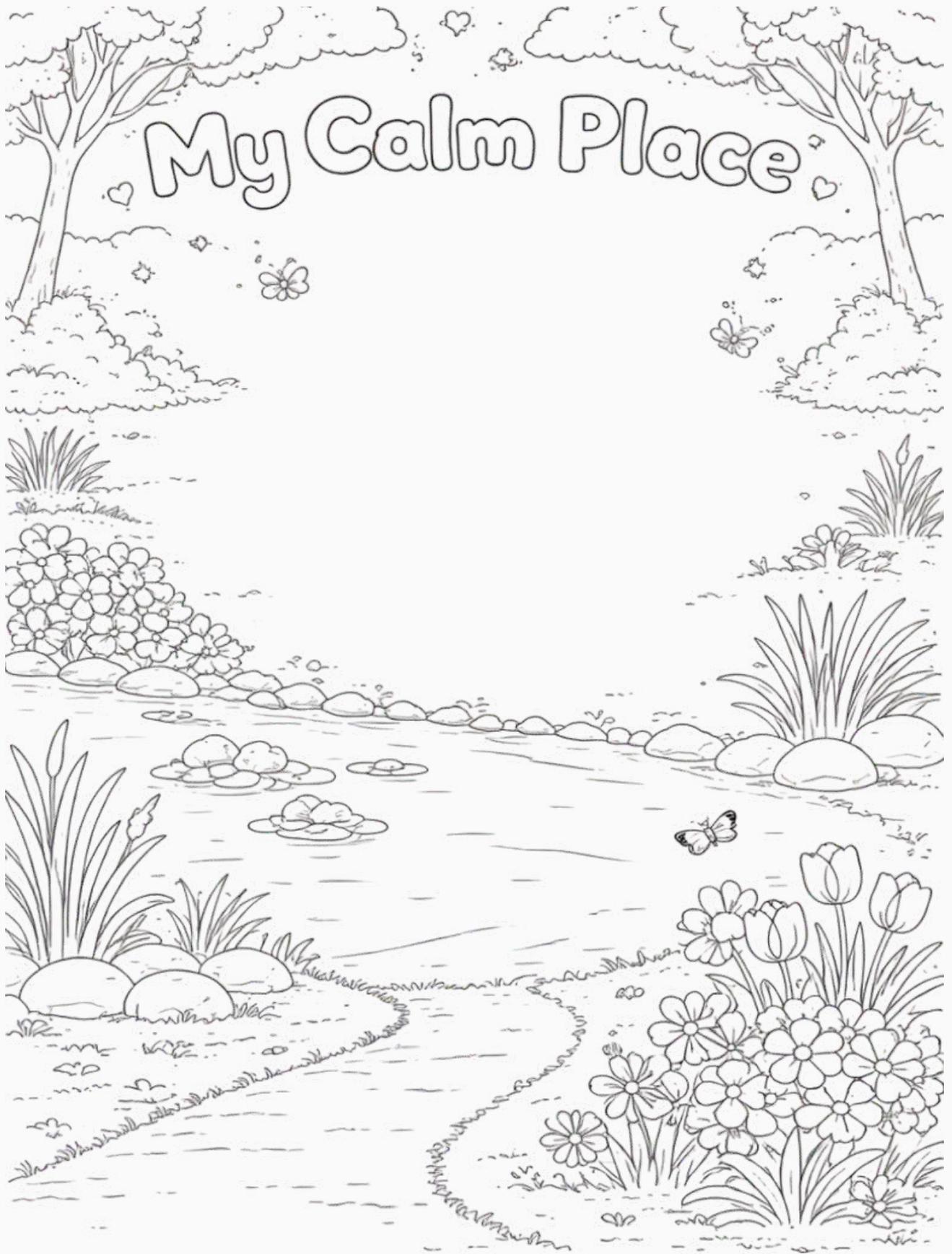
♥ My Heart Feels... ♥



Today my heart feels...

My heart feels this way because...

My Calm Place



04

**GROUNDING AND
MINDFULNESS**

5-4-3-2-1 Sensory Hunt

 5 things I see _____ 

 4 things I feel _____

 3 things I hear _____

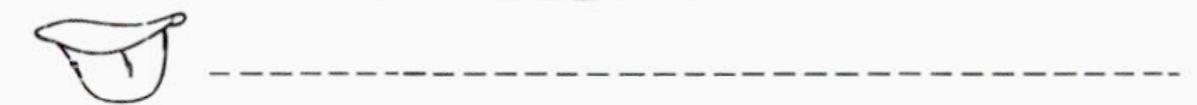
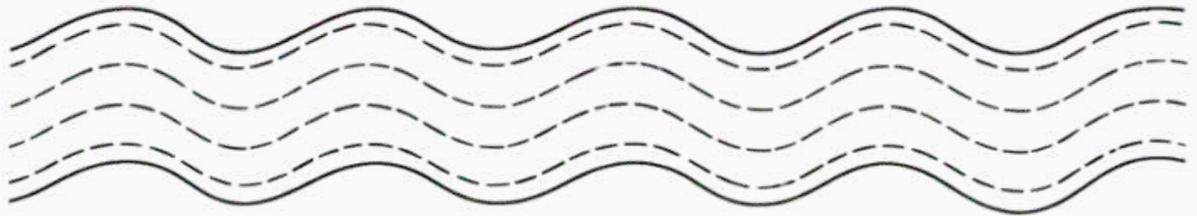
 2 things I smell _____ 

 1 thing I taste _____ 



Fill in the blanks as you notice each sense!

Trace & Color Calm Paths



Trace and color the calm paths!

Nature Noticing: Leaves, Stones, Clouds

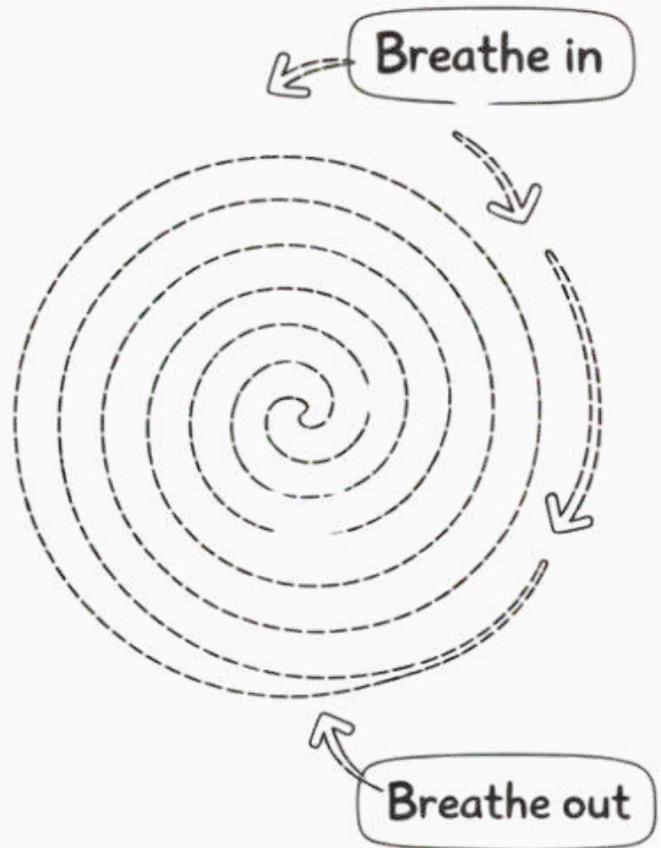
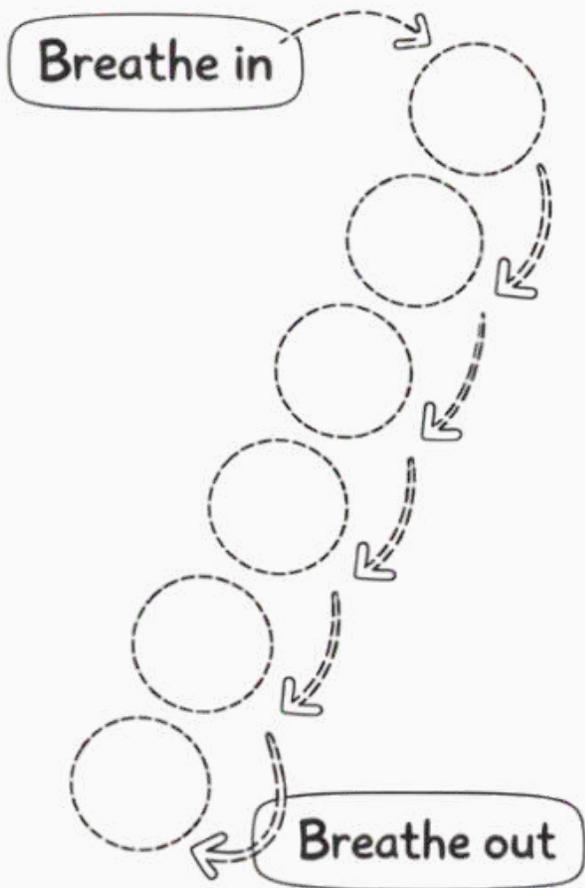


Mindful Maze to Color



Trace and color the calm paths!

Color the Breathing Shapes



05

**CONFIDENCE AND
SELF-WORTH**

I Am Brave

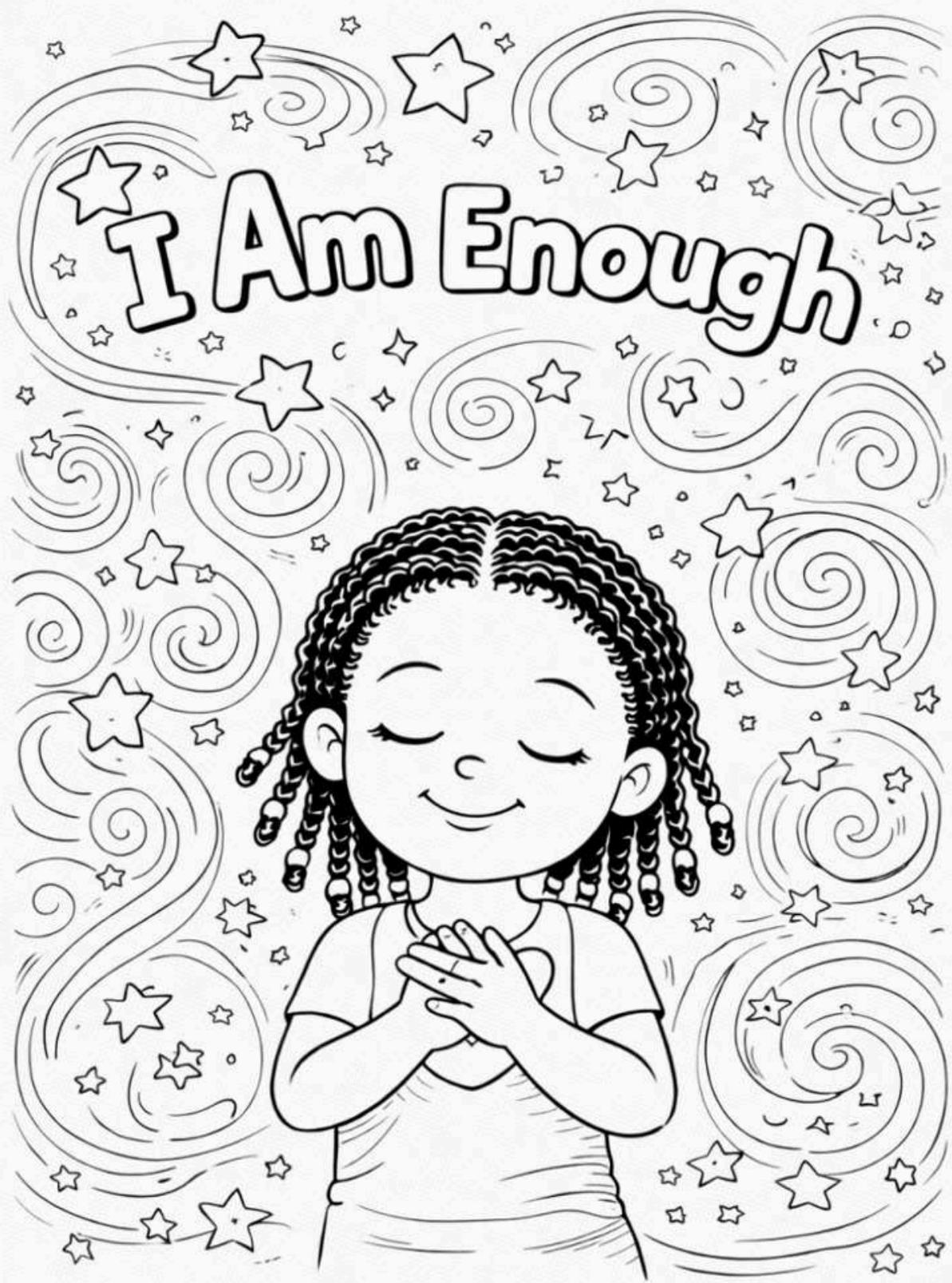


I Can Do Hard Things



I Am Kind





I Am Enough

My Calm Superpower



My Brave Body



Visit our Kids Corner at Bahali.org for additional resources