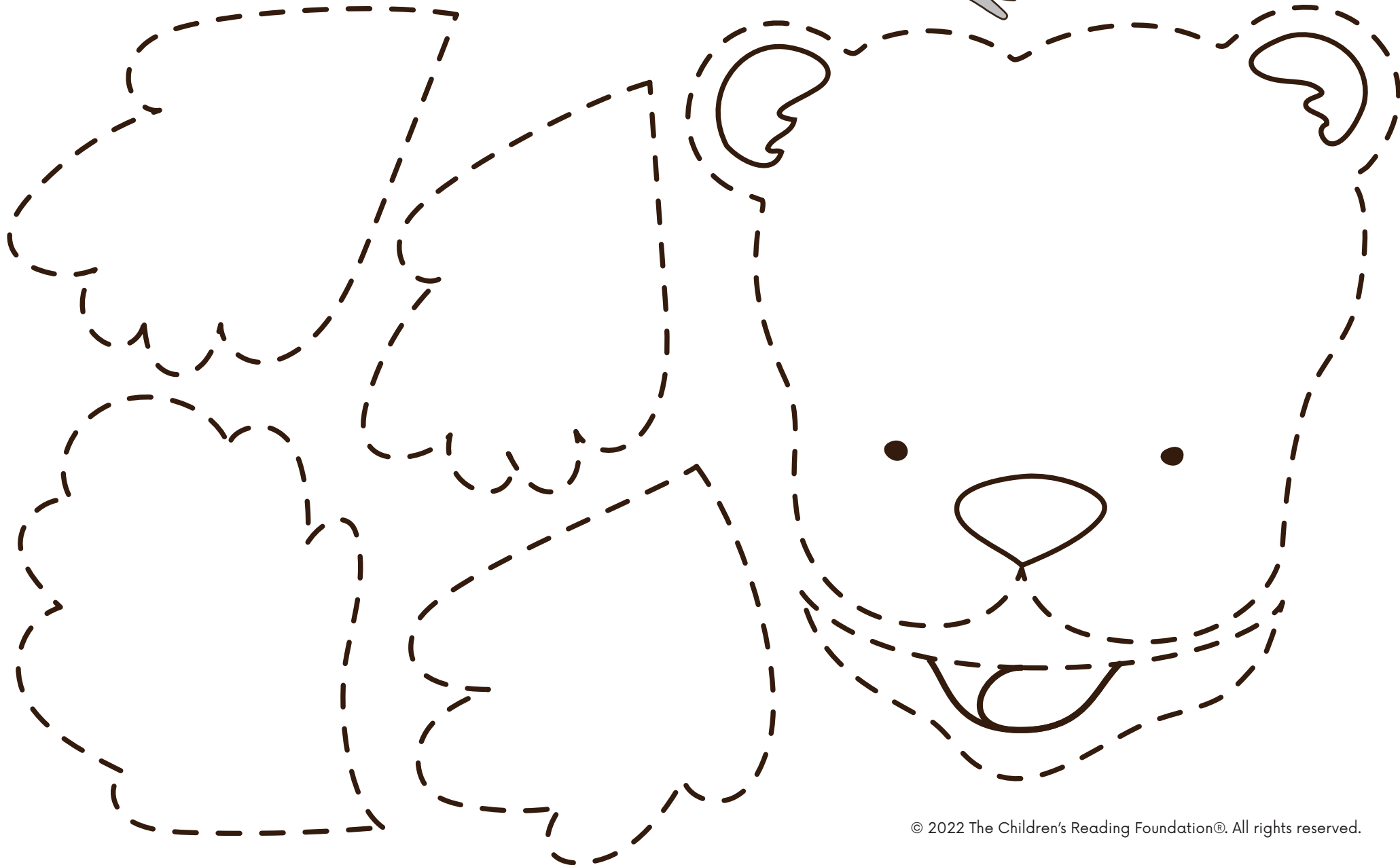


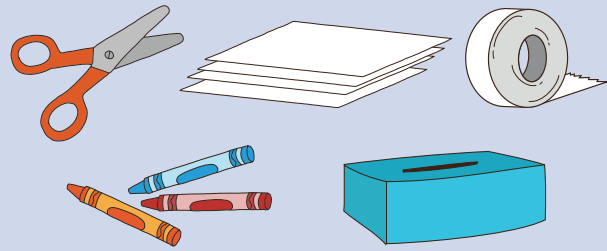
# THE MINDFUL LION

Help your child understand their feelings by sharing their sensations with their very own Mindful Lion.



The Children's Reading Foundation





### What you'll need:

- Scissors
- Crayons, colored pencils, or colored markers
- Tape, glue, or paste
- 8 1/2 x 11 white paper (for printing)
- Any size tissue box



### INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the Mindful Lion face on the other page of this document.
2. Color in the lion and lion mane with crayons, colored pencils, or markers.
3. Cut out the lion's face along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the lion's face and mindful slips. If they are not ready to use scissors, you can hold their hand and cut out the lion together.
4. Attach the top half of the lion's face to the tissue box above the opening of the box using tape, glue, or paste.
5. Attach the bottom half of the lion's face to the tissue box below the opening of the box using tape, glue, or paste.
6. Attach the lion's mane to the tissue box around the top part of the lion's face using tape, glue, or paste.
7. Practice mindfulness with your child by completing the mindful slips. Then, ask them to feed the slips to the Mindful Lion by putting the slips into the lion's mouth.

Making crafts and doing activities is always fun! But remember, Playing With a Purpose is being actively engaged in your child's play. These activities are intended to enjoy together at the same time you ensure your child's safety and offer help as needed.



I enjoy the sound of:

\_\_\_\_\_

A soft texture I enjoy is:

\_\_\_\_\_

I love to eat:

\_\_\_\_\_

My favorite thing to see is:

\_\_\_\_\_

I'm happy when I:

\_\_\_\_\_

It makes me sad when:

\_\_\_\_\_