

ACTIVE MOVEMENT & MINDFULNESS

POSTERS FOR KIDS

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FROGGY JUMPS

Squat low like a frog with hands on the ground.
Say "Ribbit!" and leap up high into the air.
Do 5 big frog jumps!
Can you land quietly like a ninja frog?



CAT FEELING FACES

Look at the cats—each one is showing a different feeling!
Can you copy their face in the mirror?
Which cat do you feel like today?



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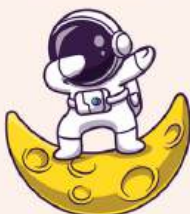
SUPERHERO POSE

Stand strong with your legs apart and hands on your hips.
Look up like you are watching over the city.
Say, "I am brave!"
Now strike a flying pose—one arm up!
Hold it for 5 seconds and zoom off!



SPACE JUMP

Pretend you are on the moon.
Do 5 slow, floaty jumps in space.
Count "1... 2... 3..." as you go up and down.
Can you move in slow motion like an astronaut?



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DOWNLOAD**

SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

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2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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FROGGY JUMPS

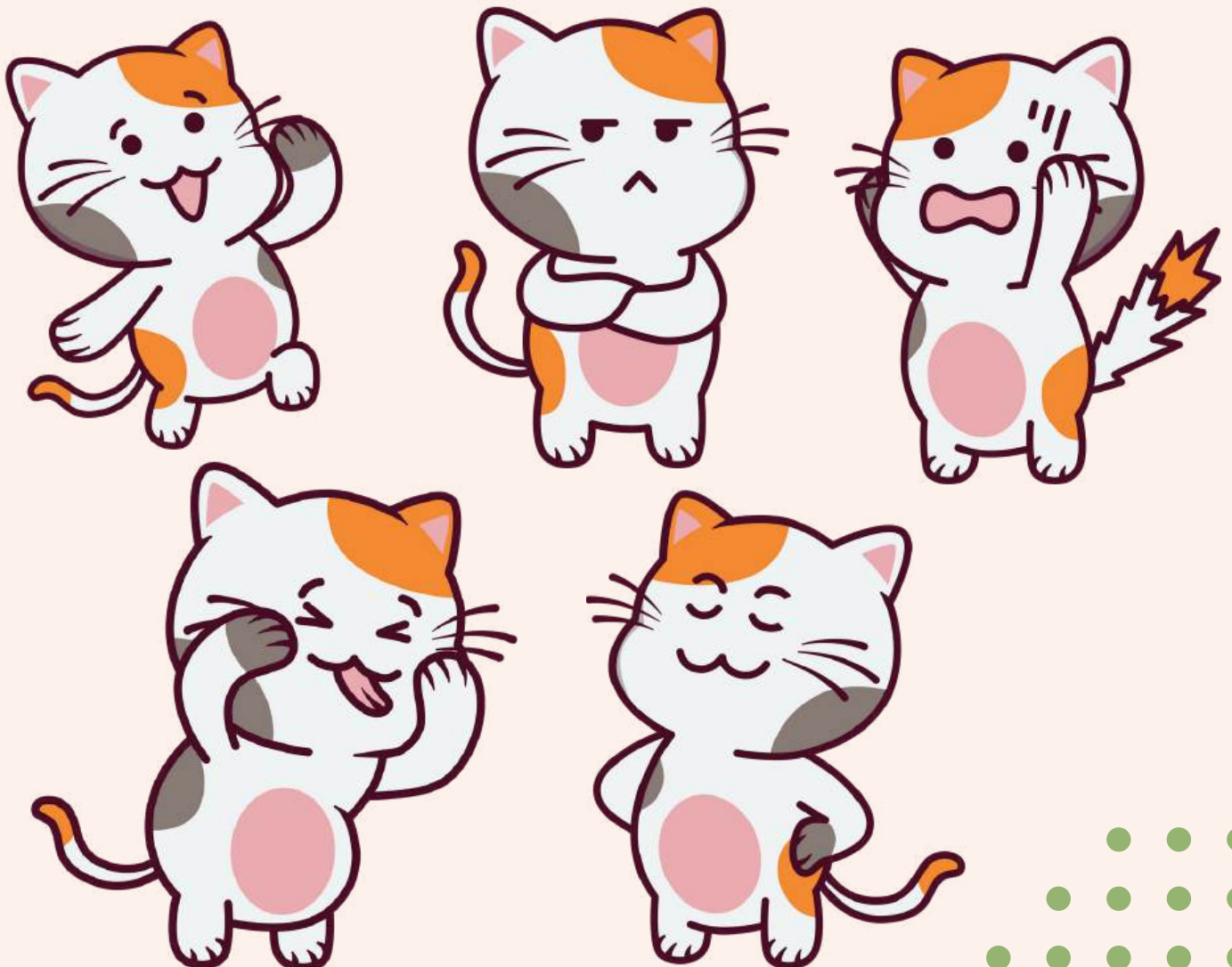
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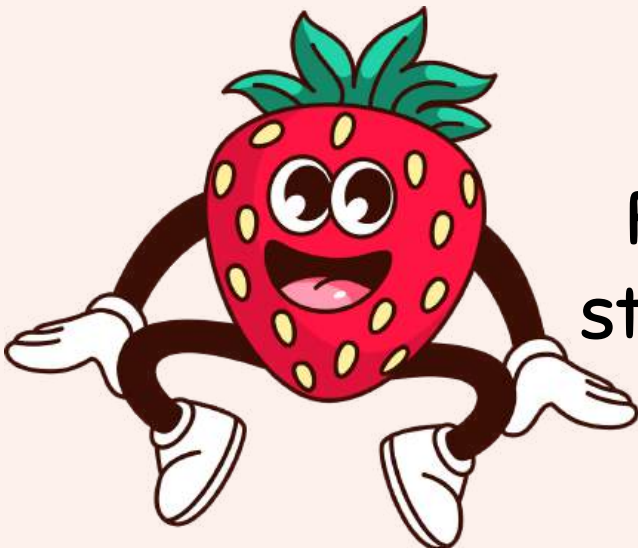
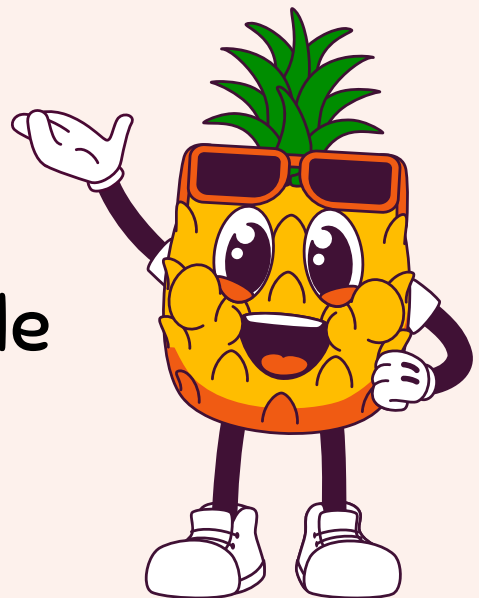


FRUIT FIT



Imagine you are a bunch
of bananas!
Do 5 banana toe touches.

Now spin like a
pineapple—3 gentle
turns.



Finally, hop like a juicy
strawberry—6 little hops
in place!

ZOOMING CARS

Crouch down like a racing car
at the start line.

Zoom forward 5 big steps,
making car sounds.

Stop and reverse 3 steps back—“beep beep!”



RAINBOW REACH



Stand tall like a mountain. Stretch one arm over your head to make a rainbow.

Now stretch the other arm.

Go side to side slowly—
make 5 magical rainbows!



BALLOON BREATHS



Put your hands on your tummy.
Breathe in slowly through your nose—
make your belly grow like a balloon!
Breathe out gently through your mouth
—imagine the balloon floating away.

Do this 5 times.

Try closing your eyes on the last one!



WIGGLY WALK

Let's move like an animal! Waddle like a penguin, tiptoe like a cat, stomp like an elephant.

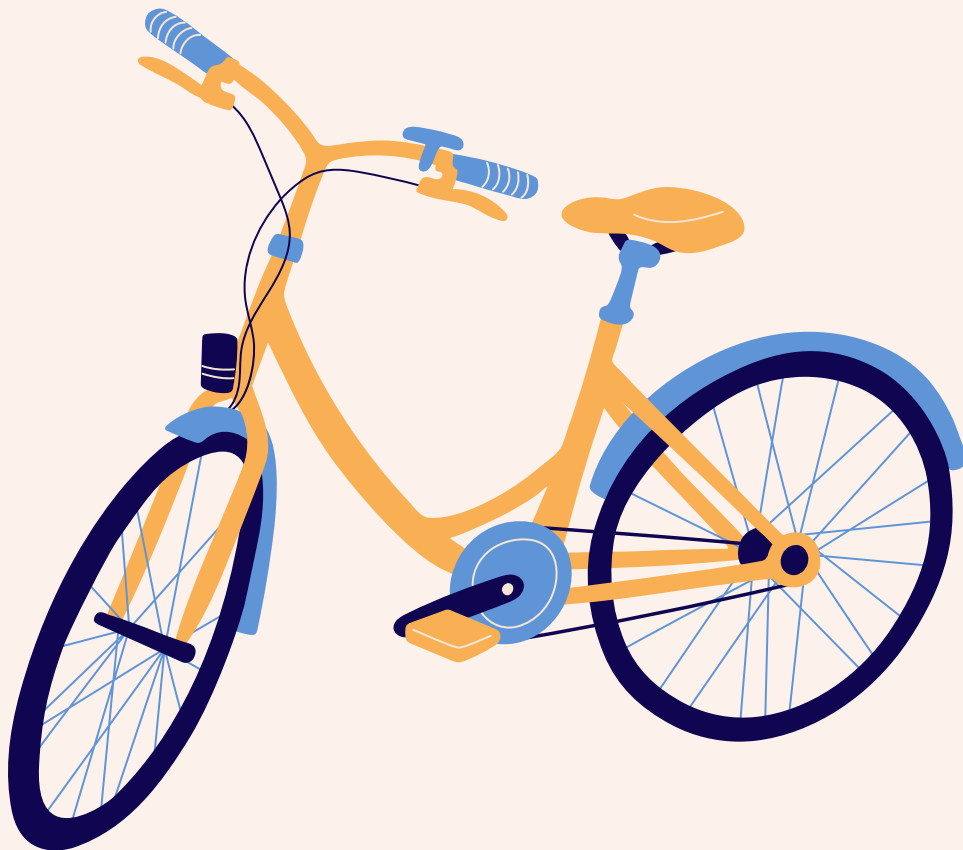
Choose your animal and walk across the room or outside.

Can a friend guess which animal you are?



PEDAL POWER

Sit on the floor and lean
back on your hands.
Lift your legs and pedal like
you are riding a bike!
Count to 10 while pedalling.
Now pedal backwards. Count again!



STAR STRETCH

Jump out wide and become
a big shining star!
Hold your star shape and say,
“I am strong!”
Now give yourself a big hug.
Do it again and say, “I am kind!”

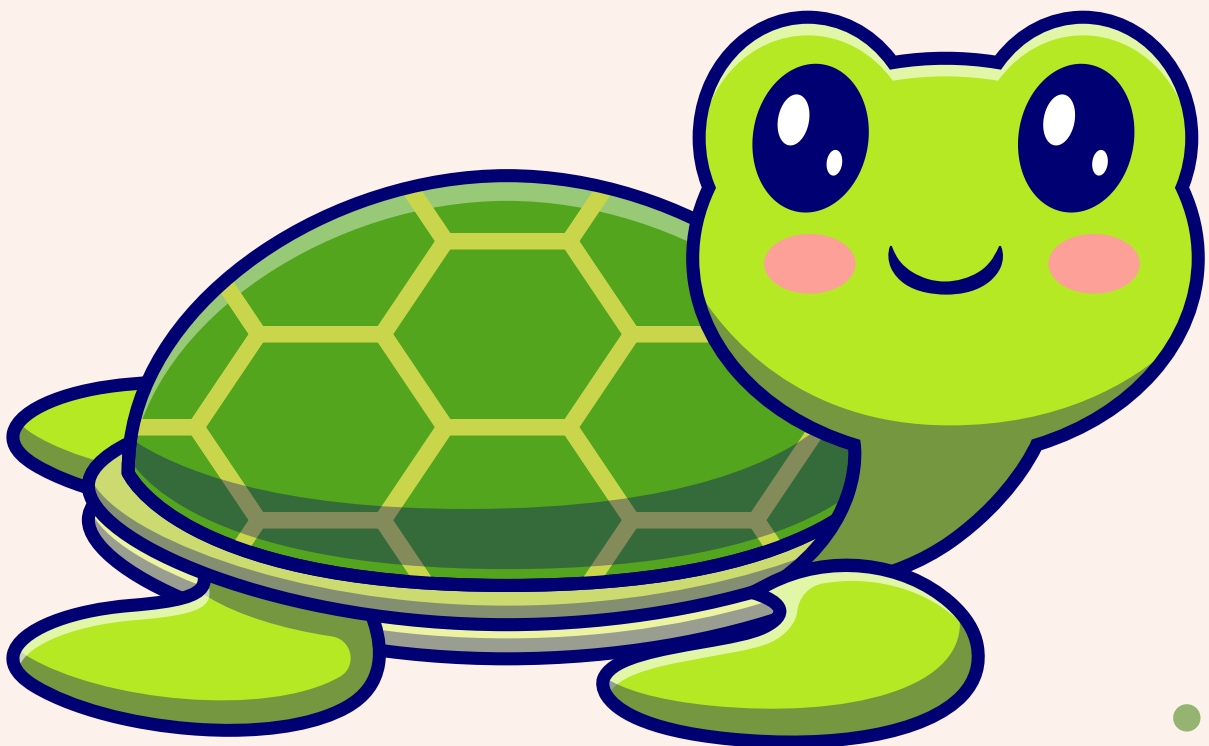


TURTLE STRETCH

Sit on the floor and curl into a turtle shell
(hug your knees).

Take one slow breath in and out.
Now stretch your arms and legs out like
a turtle coming out of its shell.

Say "Hello world!"
Do it again 3 times.



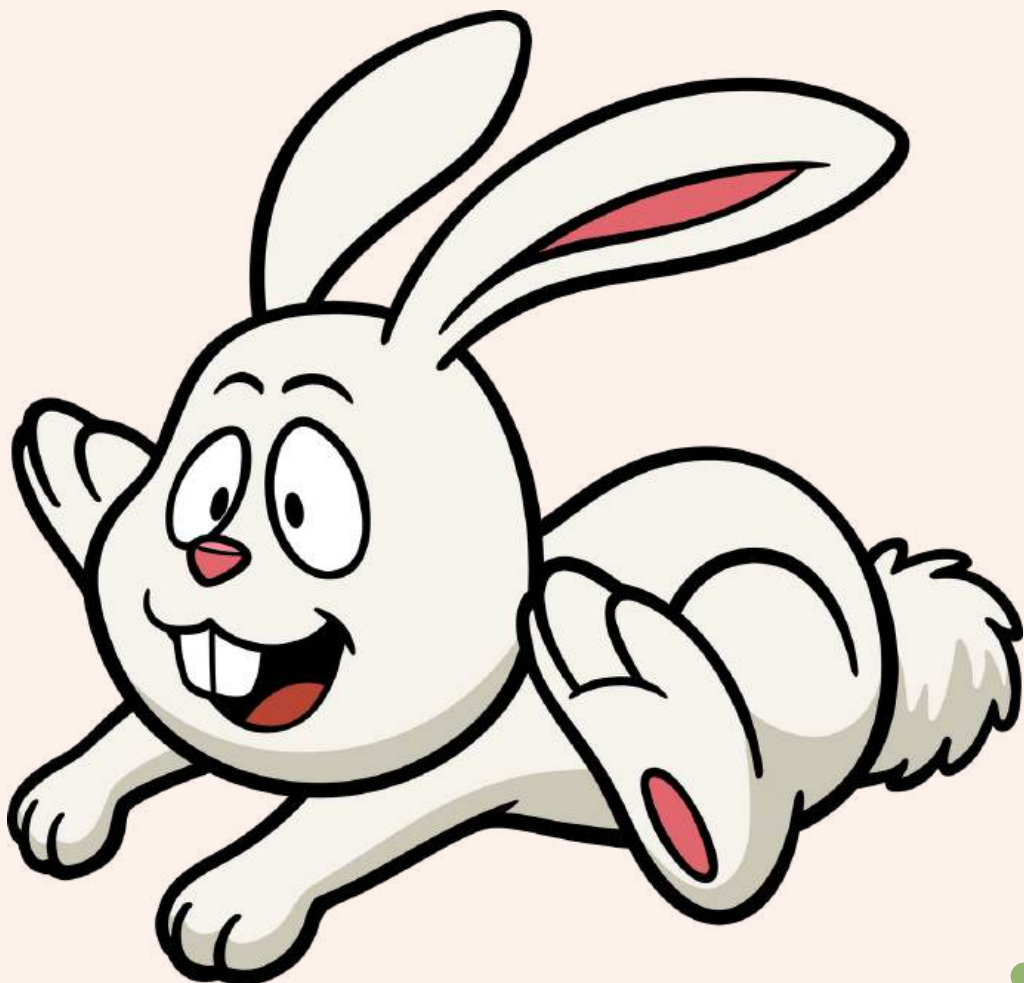
DINO STOMP

Pretend you are a giant dinosaur!
Stomp your feet loudly—1, 2, 3, 4, 5!
Now swing your arms like a big dino tail.
Let out a roar!
Can you stomp quietly like a sneaky dino?



BUNNY HOPS

Crouch down with hands in front like paws.
Do 5 bunny hops forward.
Now hop backwards!
Can you hop in a circle?



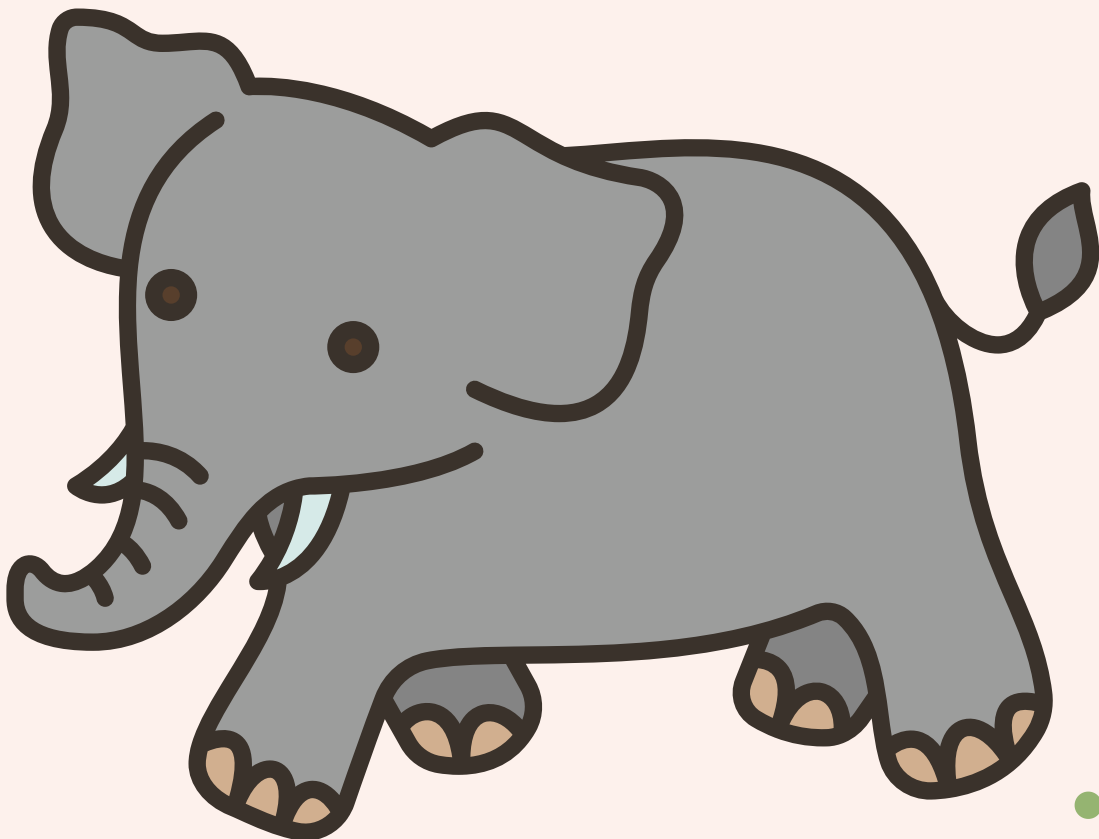
CLOUD FLOAT

Sit cross-legged on the floor.
Imagine you are floating on a soft cloud.
Take 3 deep breaths and think
about something that makes you smile.
Now pretend to float back down to earth.



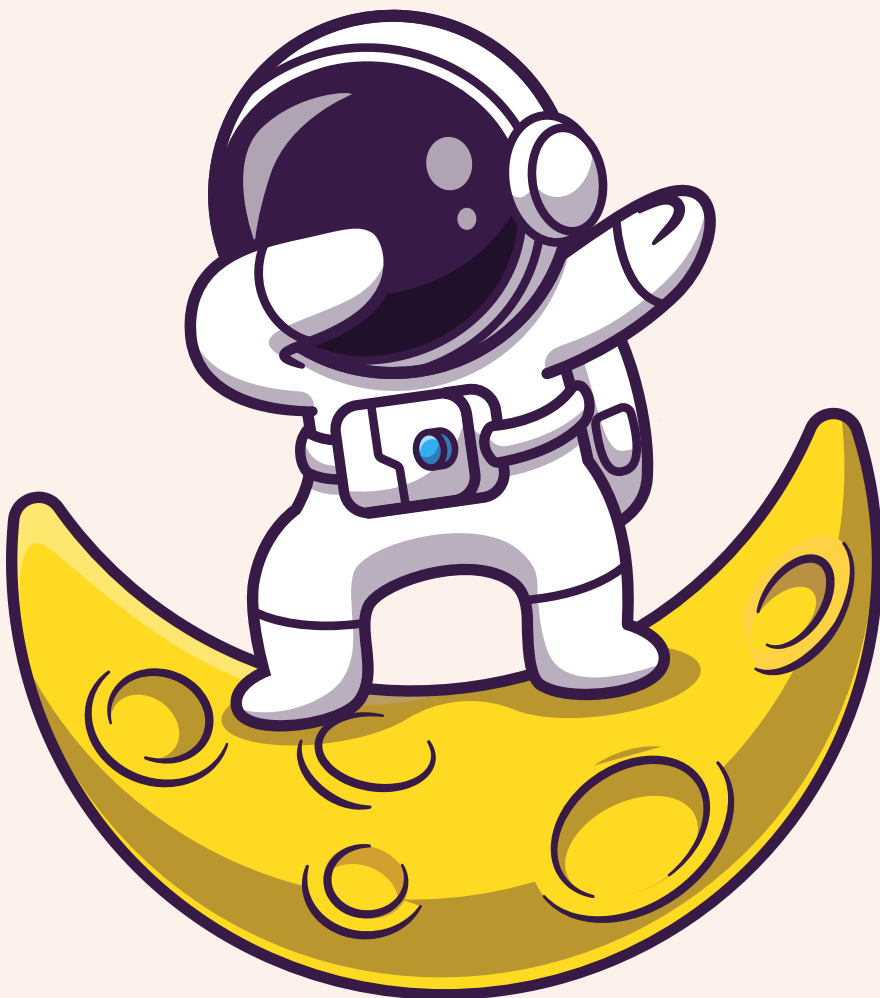
ELEPHANT TRUNK SWAY

Let your arms hang down like a long trunk.
Sway your arms side to side and take
slow elephant steps forward.
Can you make gentle stomping
sounds as you walk?
Stop and give a trumpet sound—“Pawooo!”



SPACE JUMP

Pretend you are on the moon.
Do 5 slow, floaty jumps in space.
Count “1... 2... 3...” as you go up and down.
Can you move in slow motion
like an astronaut?



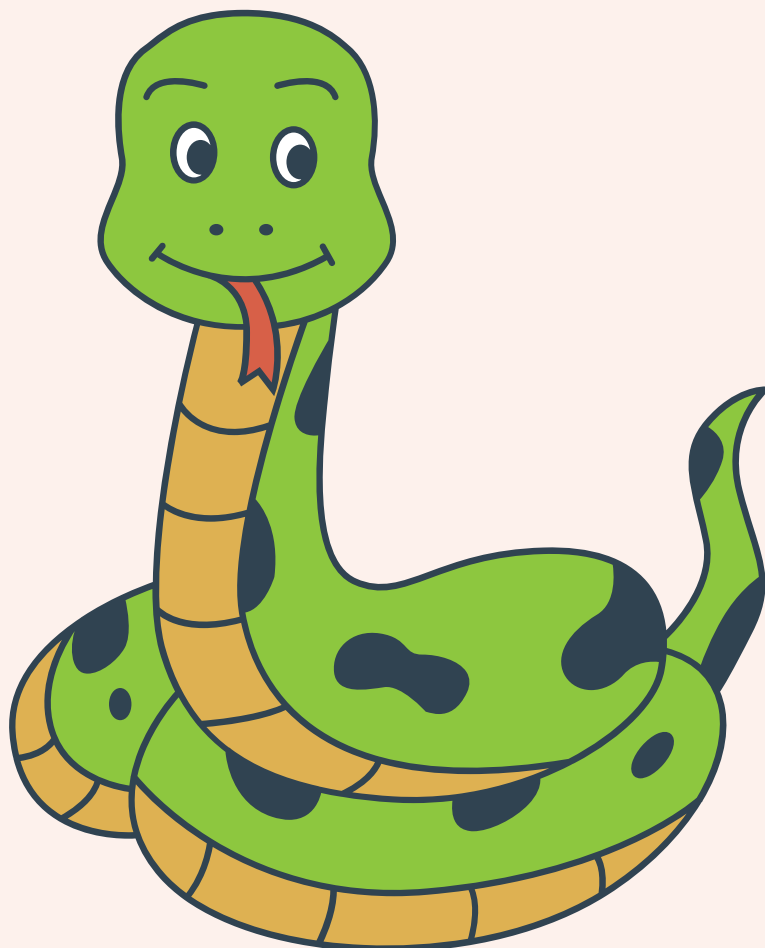
SLITHERY TWIST

Stand up tall.

Twist your body gently to the left,
then to the right, like a slithering snake.

Make a quiet “ssssss” sound
each time you twist.

Do 10 slow snake twists!



UNICORN BALANCE

Stand tall and point one foot in front of you like a unicorn hoof. Hold your arms out wide like wings for balance. Count to 10 while standing still. Switch feet and try again! Can you do it with your eyes closed?



JUNGLE EXPLORER

Pretend you are walking through a jungle.
Step over logs, duck under branches,
and tiptoe past animals.
Use your arms like binoculars—
what do you see?
Take 10 sneaky explorer steps!



DRAGON BREATHS

Breathe in deeply through your nose.
Now breathe out like a dragon
blowing fire—slow and strong!
Make your arms into big dragon wings.
Flap them 3 times and roar softly.





ABOUT THIS RESOURCE

www.AnxietyHelpBox.com

This free printable PDF booklet includes a set of fun movement and mindfulness activity posters for children, designed for use in hallways, classrooms, therapy rooms, and at home. The activities help kids stay active, improve focus, and build emotional awareness through imaginative play and gentle exercises.

Each poster includes simple instructions and playful themes such as animal walks, superhero poses, calming breaths, and balance games—perfect for sensory movement breaks and brain breaks during the school day.

Ideal for:

- Primary school teachers
- Teaching assistants
- Occupational therapists
- Parents and carers
- SEN and sensory support staff

This movement and mindfulness resource supports children's gross motor skills, self-regulation, and emotional wellbeing—while keeping them engaged and having fun.

Recommended for ages 4 to 10 (Reception to Year 5).

