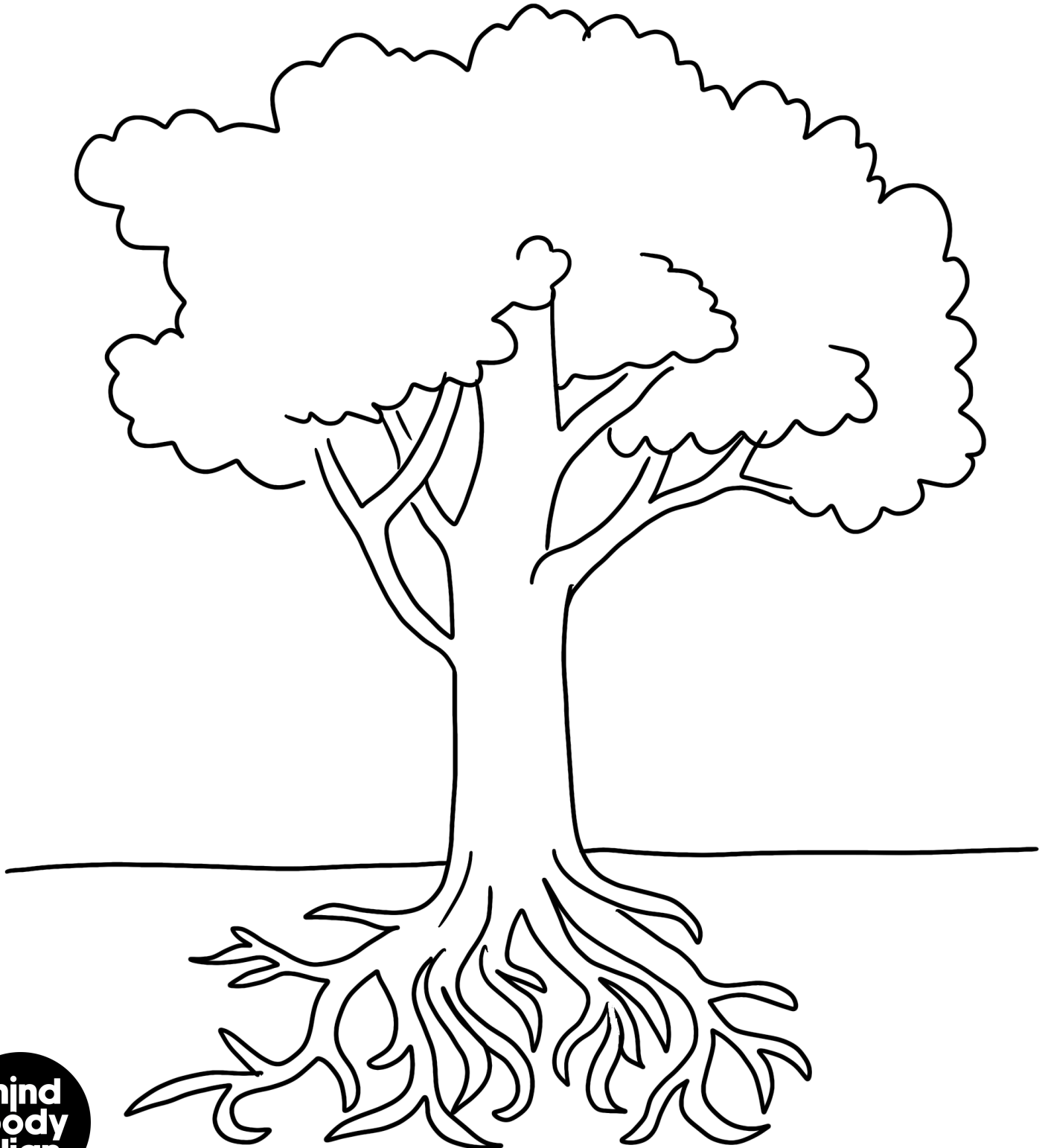


# Labyrinth Adventures

Name \_\_\_\_\_

Draw a happy face on Tree.

Add color, fruit, and grass if you would like.



# Labyrinth Adventures

Name \_\_\_\_\_

Color Lily and the letters in her name.



LILY



# Labyrinth Adventures

Name \_\_\_\_\_

Color Oliver and the letters in his name.



OLIVER



Color Cleo and the letters in her name.

# CLEO



# Labyrinth Adventures

Name \_\_\_\_\_

Color Cleo and count her legs!

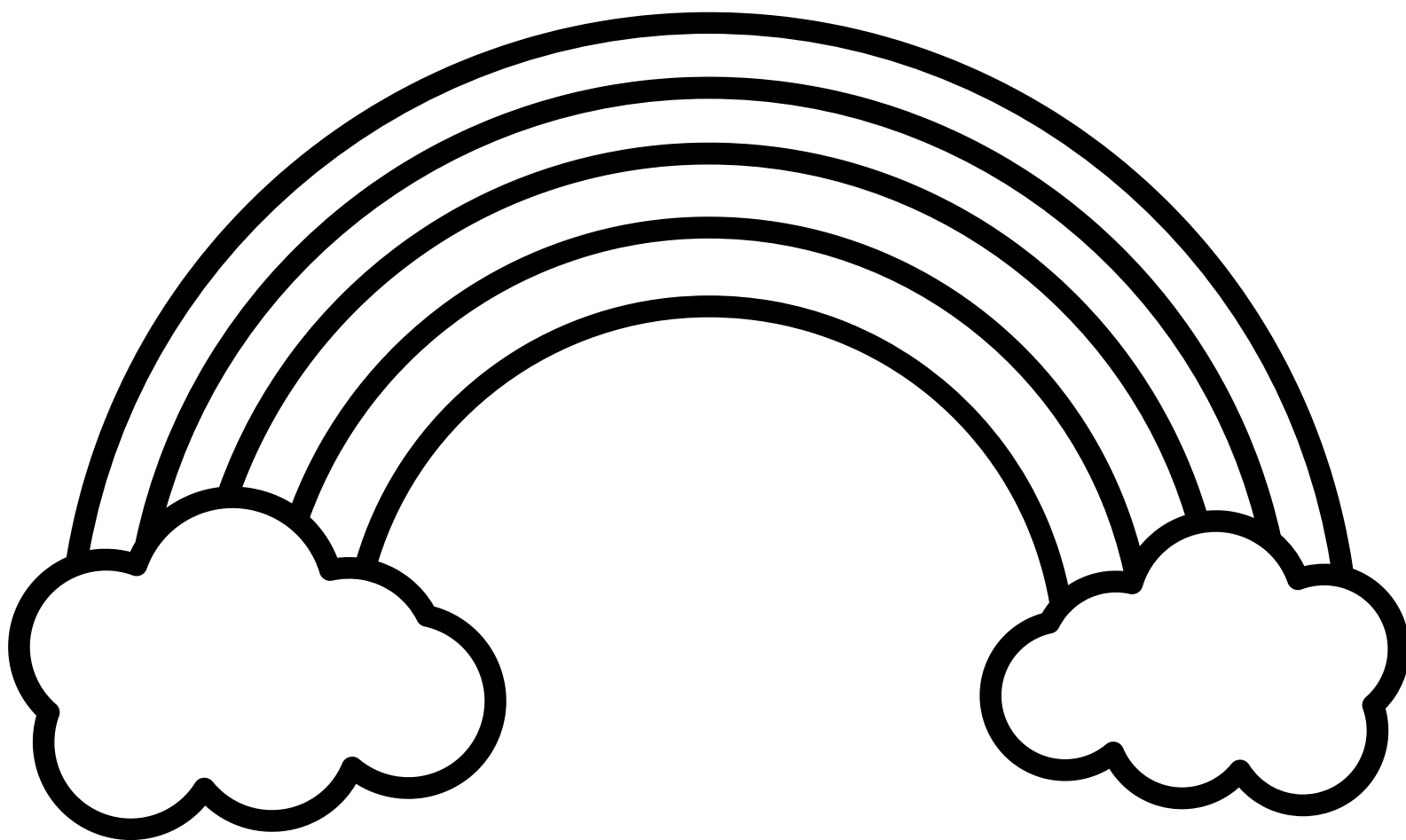
Cleo has \_\_\_\_\_ legs.



# Labyrinth Adventures

Name \_\_\_\_\_

Color your rainbow with your favorite colors.



# Labyrinth Adventures

Name \_\_\_\_\_

Draw how Tia's face looked after she took some deep breaths and sent her worries away.

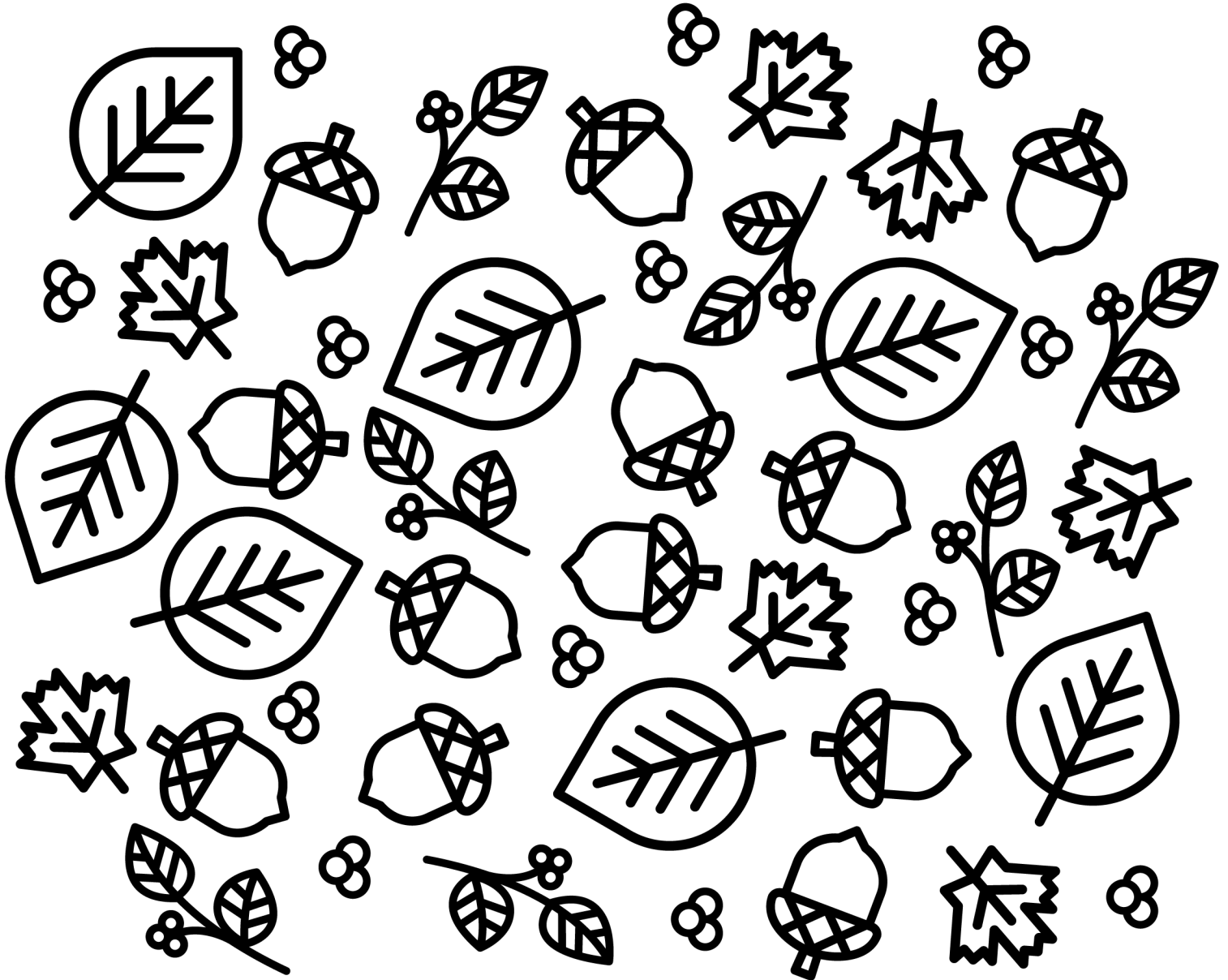


# Labyrinth Adventures

Name \_\_\_\_\_

Help the squirrels find their missing nuts!

Can you find 12 nuts in the drawing below? Circle or color them in as you find them to help keep count.



# Labyrinth Adventures

Name \_\_\_\_\_

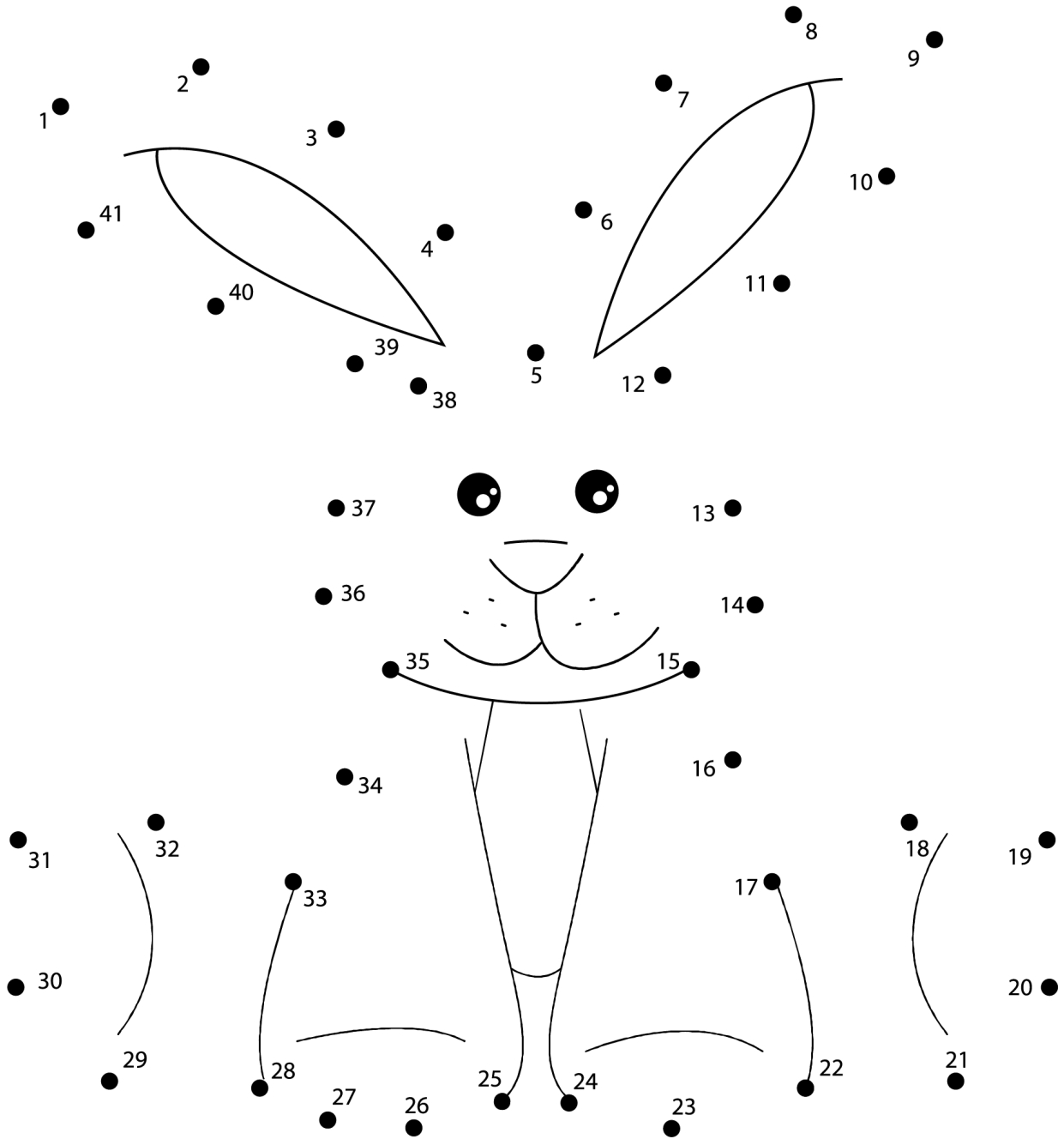
Color Tia while you take deep breaths and notice how you feel.  
Color her bag green, her dress red, and her leggings purple.



# Labyrinth Adventures

Name \_\_\_\_\_

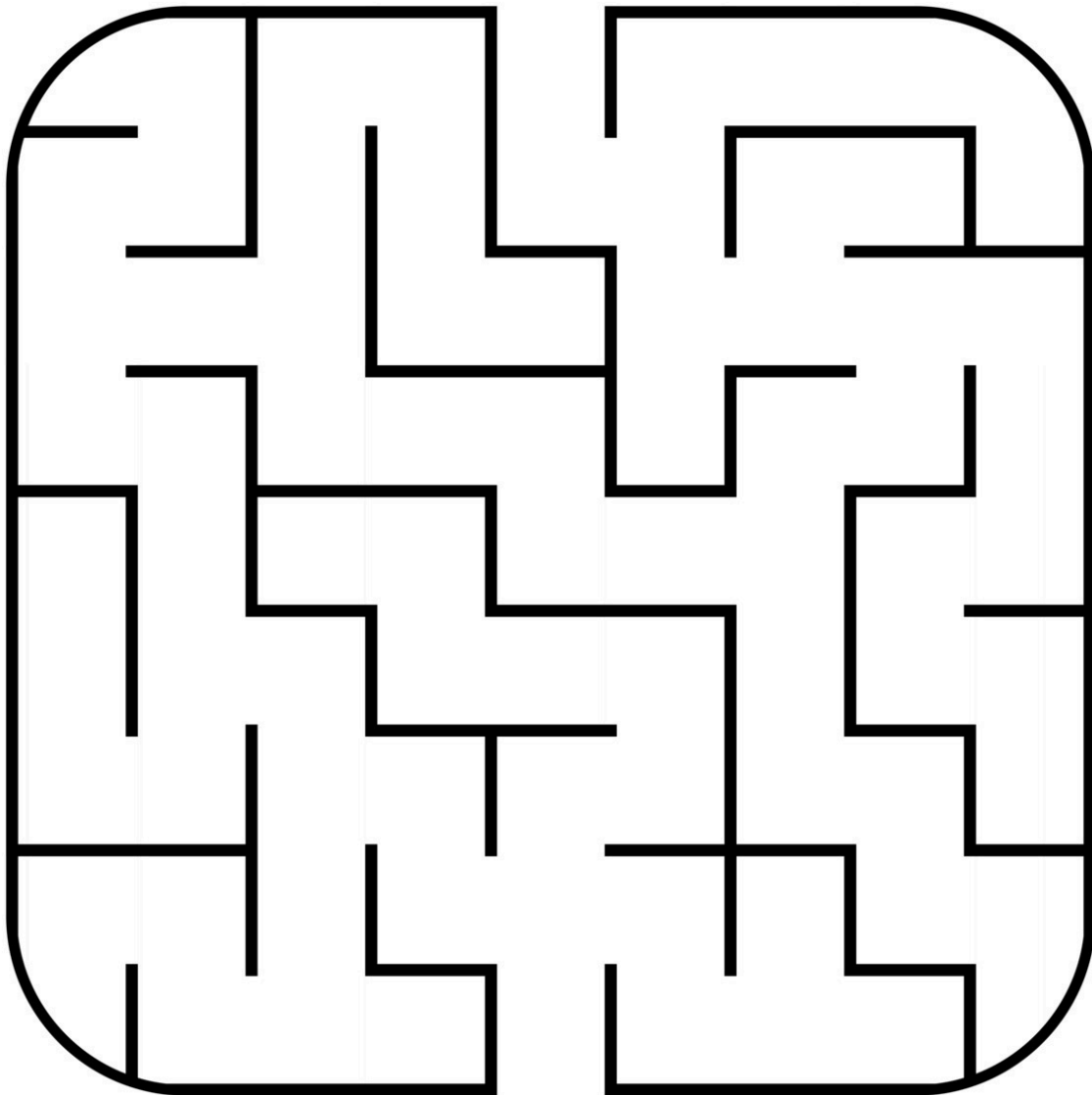
Dwight needs his little buddy! Connect the dots so Dwight can have his favorite stuffed animal to help him feel calm.



# Labyrinth Adventures

Name \_\_\_\_\_

Use a pencil to trace Lily's path through the maze.

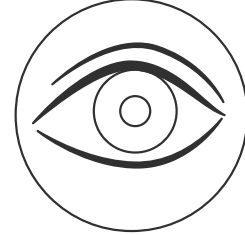


# Labyrinth Adventures

Name \_\_\_\_\_

Trace the words for each of your 5 senses, then match the words with the pictures and color each picture.

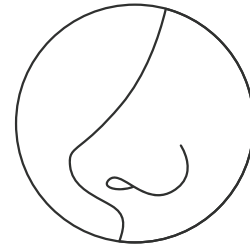
smell



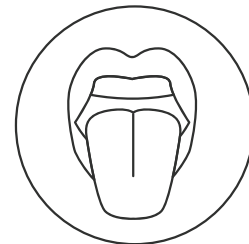
sound



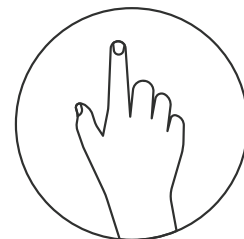
touch



sight



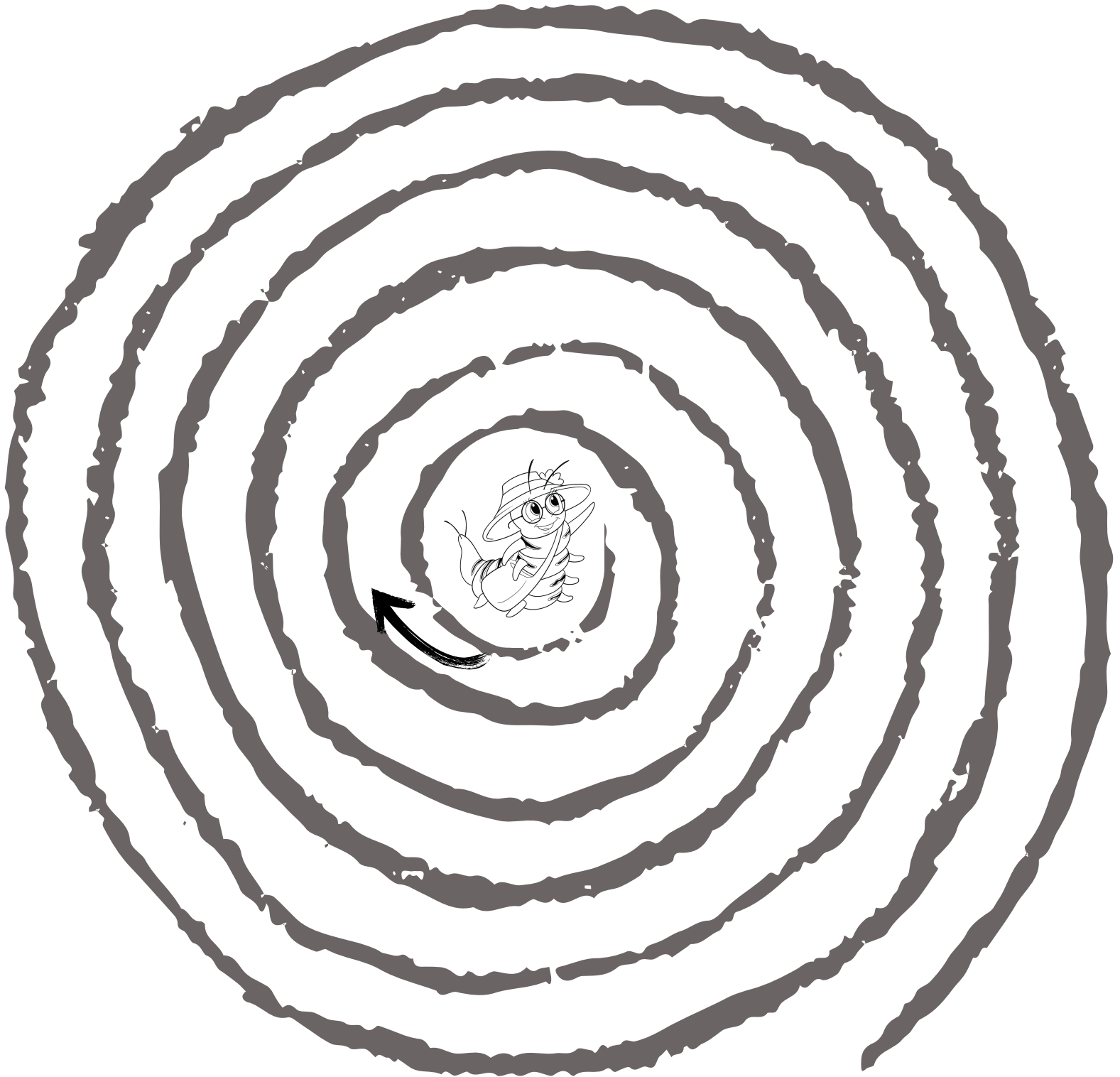
taste



# Labyrinth Adventures

Name \_\_\_\_\_

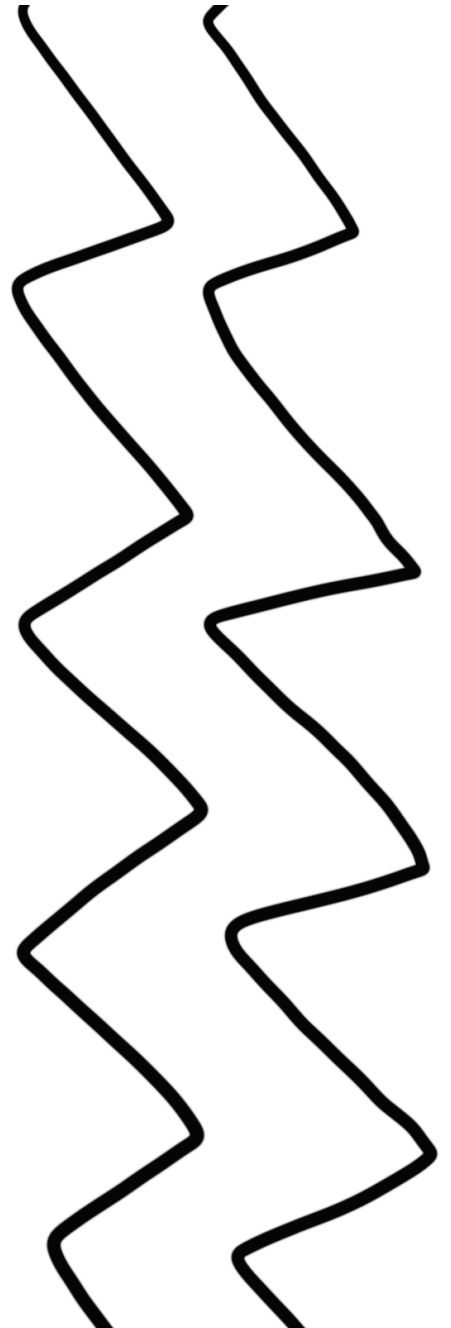
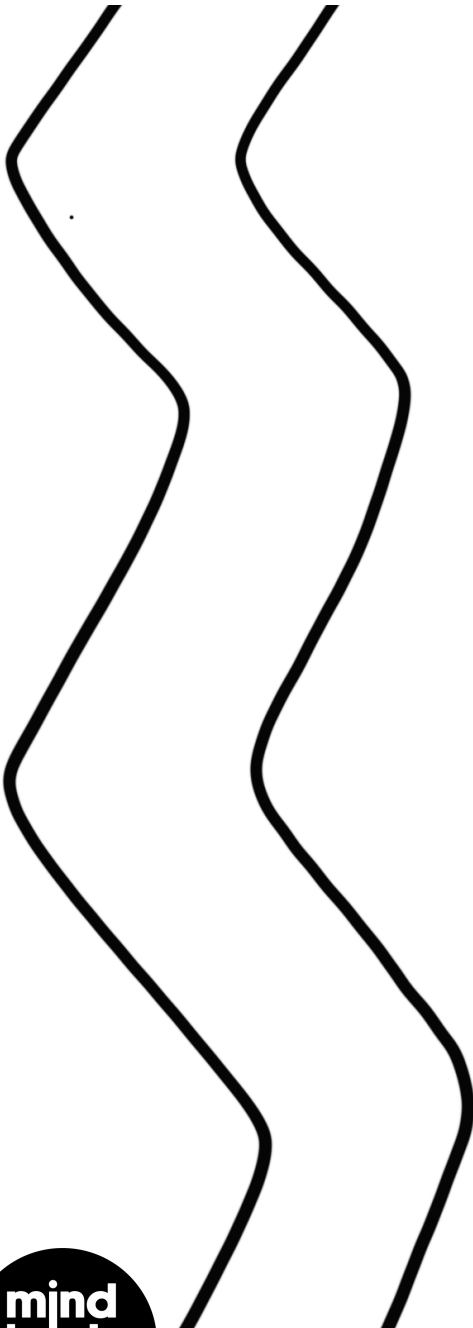
Take slow deep, breaths, and trace the path Cleo crawls through the Labyrinth.



# Labyrinth Adventures

Name \_\_\_\_\_

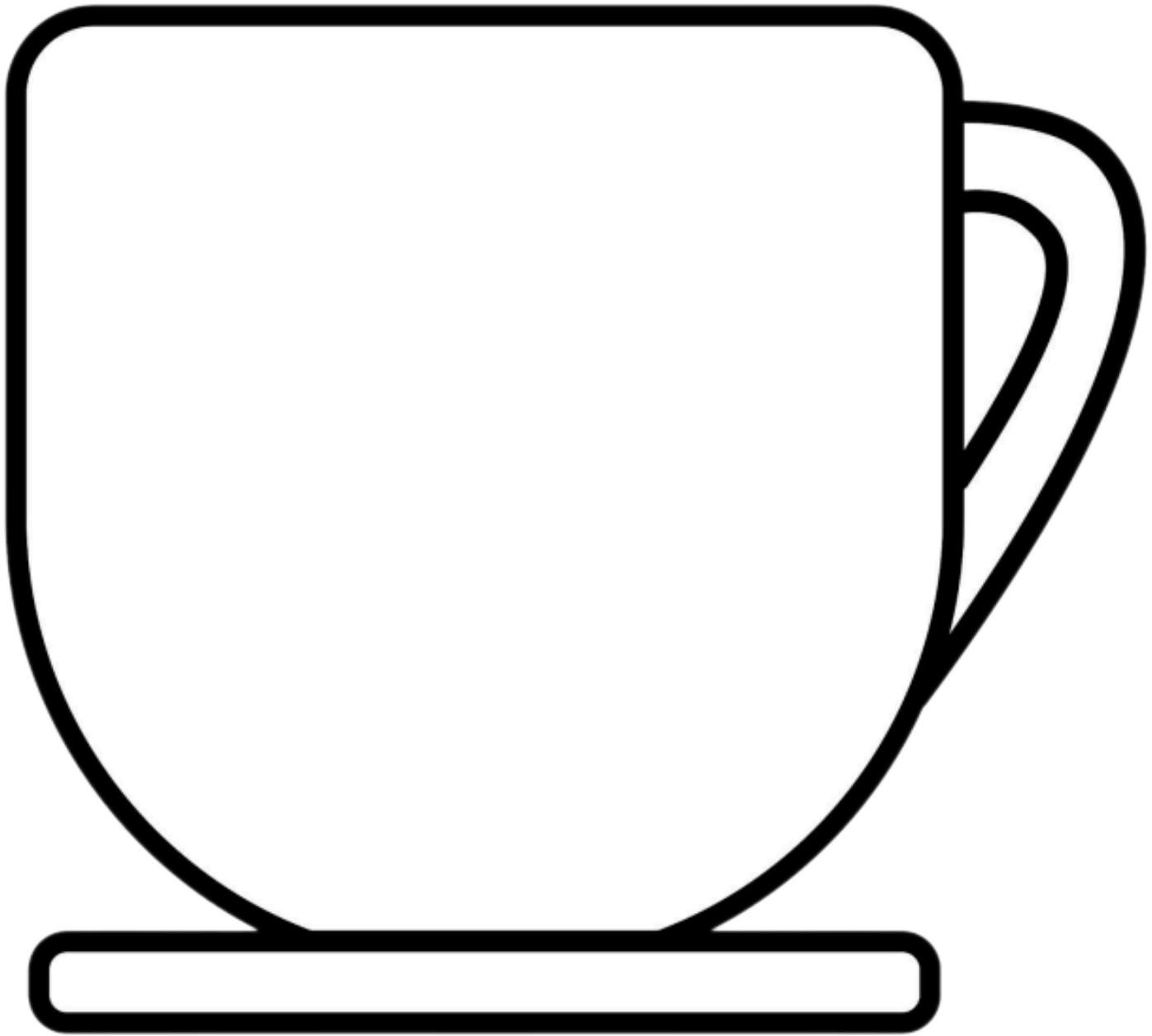
Slowly and carefully draw lines inside the trails without touching the edges.



# Labyrinth Adventures

Name \_\_\_\_\_

In the cup, draw all the things that make you happy.



# Labyrinth Adventures

Name \_\_\_\_\_

Match the descriptions of a mindful listener to Dwight's body on the right.

**Hands in lap**

**Raise hand to talk**

**Ears listening**

**Mouth waiting to talk**

**Eyes watching**

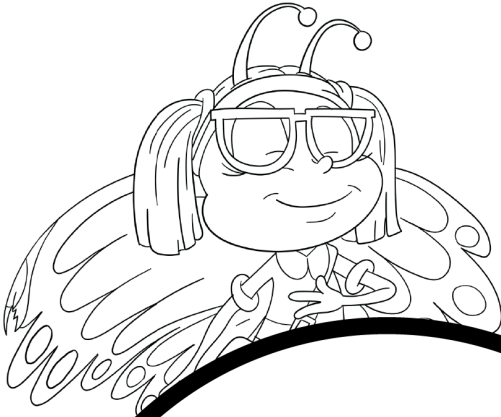
**Legs criss-cross**



# Tia Unites the Community

Name \_\_\_\_\_

Complete the “mindful heart map” by writing or drawing all your favorite ways to help control your emotions and make positive decisions



To show  
kindness, I can...

If I need to calm  
my body I can...

To cheer myself  
up I can...

