

Calm Recipe Book for Children



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My Magical Recipes for Calmness!

Hello, little Wise Captain and family!

Welcome to an adventure full of calm and self-control!

This is your **Calm Recipe Book**, a magical tool for you to learn how to manage those big feelings (anger, sadness, fear) using the power of your breath and your imagination.

My name is **Vanessa Margalef**, and I am the counselor and owner of **Vmindcare**. I'm here to support you, teaching you and your parents that calm is the most important superpower you have. At Vmindcare, we believe that a peaceful heart is the key to happiness.

Let's cook up these recipes together. You don't need ingredients, only your body and your imagination!



Vanessa Margalef
Counselor



Recipe 1: The Flower and the Candle Breath



When to use it?

**When you feel a little angry, sad,
or too excited.**

Magical Ingredients:

- Your nose (for smelling)
- Your mouth (for blowing)
- Your imagination



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How to Prepare It:



Step 1: Smell
the Flower! 🌸

- Imagine you have a beautiful, sweet flower in your hand.
- Bring it close to your nose.
- Inhale slowly and deeply through your nose, as if you want to smell all its perfume.
- **Do it 3 times.**



Step 2: Blow
out the
Candle! 🕯️

- Now, imagine you have a lit birthday candle.
- Bring it close to your mouth.
- Exhale slowly and softly through your mouth, as if you want to blow out the candle without the cake flying away.
- **Do it 3 times.**

“**Congratulations
! Now your body
feels calmer,
like a gentle
breeze.**”





Recipe 2: Attention Listening (Elephant Ears)

When to use it?

When your head has a lot of noise or when you feel a little scared.

Magical Ingredients:

- Your elephant ears
- Silence (a little bit)

How to Prepare It:



- Imagine your ears become very big, like an elephant's.
- Close your eyes or look gently at the floor.
- **Now, listen with your big ears.**



- Can you hear your heart beating?
Thump-thump, thump-thump!
- Can you hear your own breathing?
Shhh, shhh!
- Do you hear a little bird outside? A car?
The refrigerator?
- **Listen for 30 seconds.**



“Congratulations!
Your elephant
ears helped you
focus on the
present. Now your
mind is calmer.





Recipe 3: The Bear Hug (Butterfly Hug)



When to use it?

**When you need to feel safe,
loved, or a little scared.**

Magical Ingredients:

- Your own arms (they're strong!)
- A little bit of calm



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How to Prepare It:



Step 1: Cross Your Arms! 🤗

- Cross your arms over your chest, as if you are giving yourself a very, very big hug.
- Put your hands on your shoulders or on the tops of your arms.



Step 2: Soft Taps! 🖐️

- Now, give soft, slow taps with your fingers, one hand and then the other, on your arms.
- Tap, tap, tap, tap.
- While you do this, you can say softly to yourself: "I am safe. I am okay."
- **Do this for 30 seconds.**



Congratulations!
Your own hug
made you feel
safe and strong
inside.

