

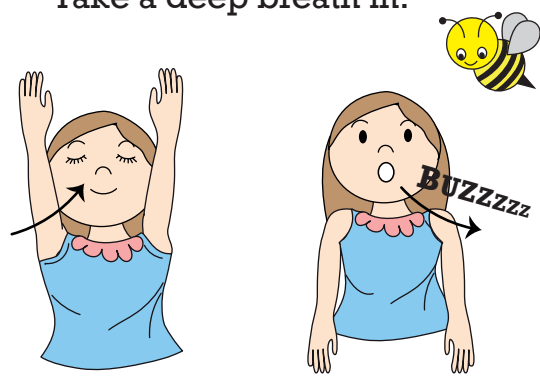
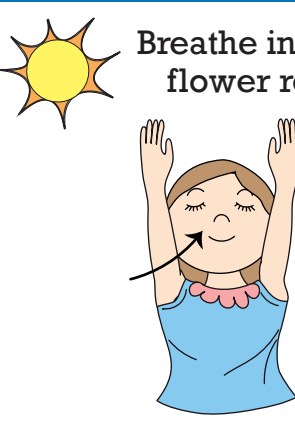
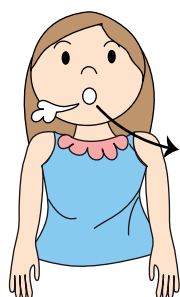
Name _____

Date _____

Lead Others with Mindfulness

Directions: Draw a sequence of pictures to guide someone else in a mindfulness practice.

For example:

<p>Take a deep breath in.</p>  <p>Buzz like a bee as you exhale.</p>	 <p>Breathe in, lifting your arms like a flower reaching up to the sun.</p>  <p>Lower your arms and breathe out.</p>
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Now it's your turn to write and illustrate your own instructions! Then use your instructions to lead someone else in a mindfulness practice.

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