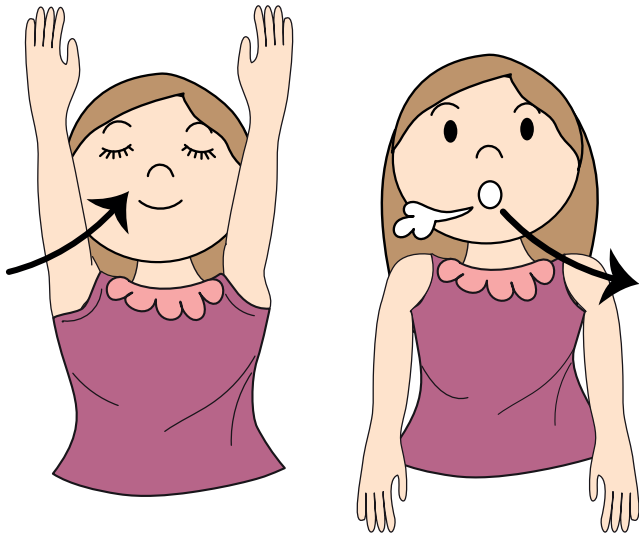


Mindfulness Cards

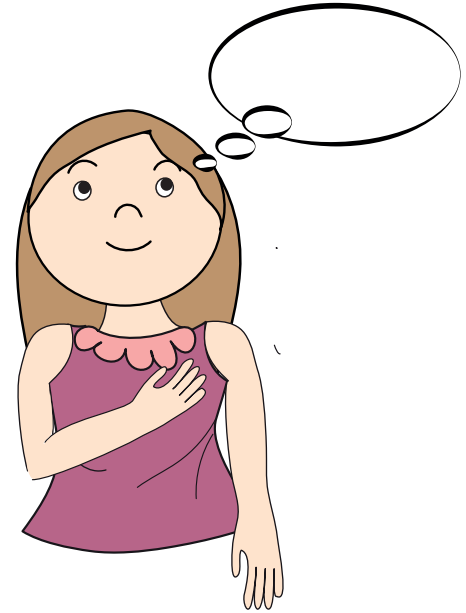


“Breathe in. Raise your hands up high.”



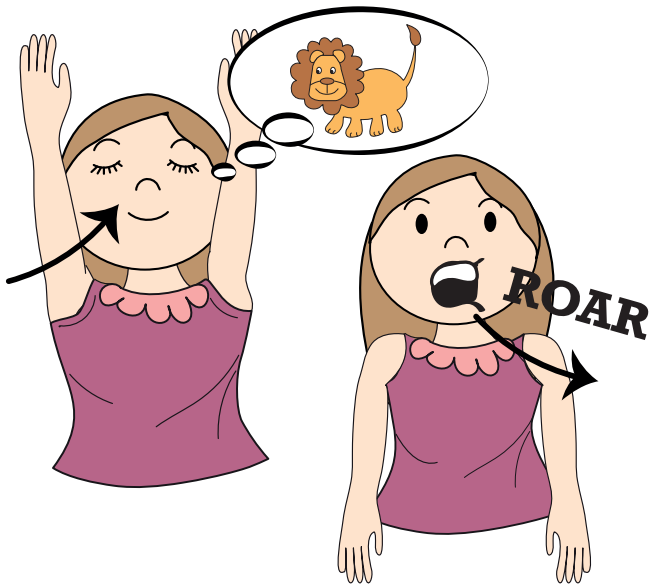
“Breathe out. Lower your hands.”

“Place your hand on your heart.”



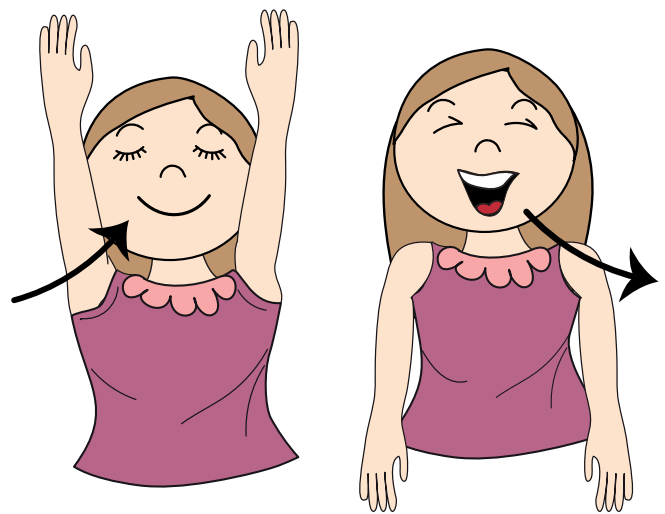
“Think of all of the things you love.”

“Breathe in. Imagine you are a lion.”



“Breathe out. Roar like a lion.”
(repeat three times)

“Breathe in. Smile.”



“Breathe out. Laugh.”
(repeat three times)

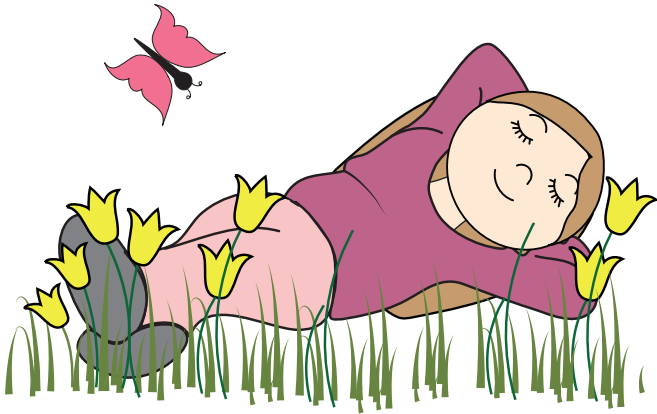
Name _____

Date _____

Mindfulness Cards

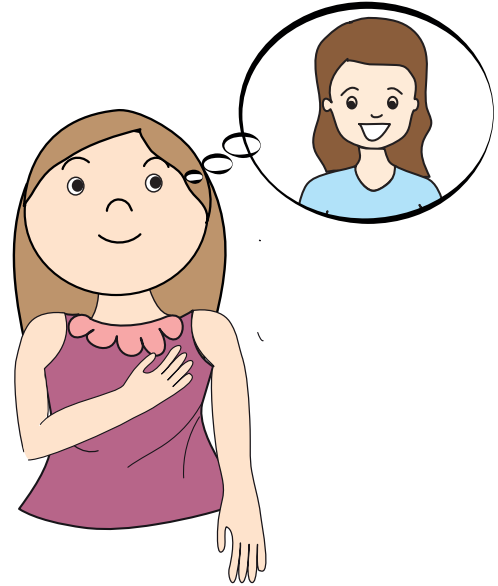


“Imagine you are in your favorite peaceful place.”



“In your mind, notice the colors and sounds. Notice peacefulness all around.”

“Imagine someone you love. Imagine them smiling at you.”



“Smile back and notice how you feel.”