

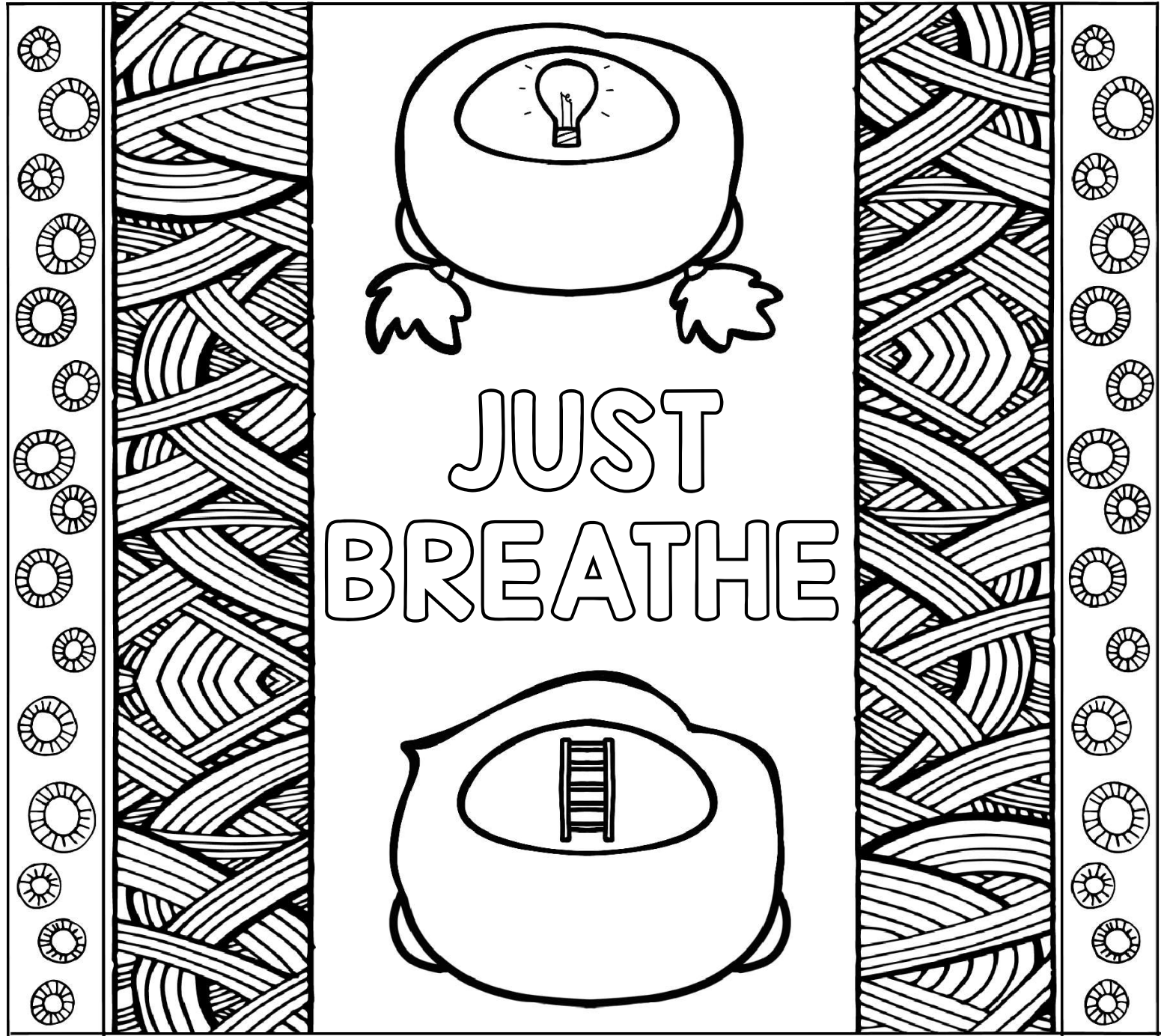
Name: \_\_\_\_\_

Date: \_\_\_\_\_

# MINDfulness COLORing



Coloring is a great way to practice mindfulness. Just color below. Don't make any judgements about your coloring or artwork. Just let it happen. If you feel like you made a mistake, breathe and move on. It is part of the experience in practicing your mindfulness.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

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TAKE

a

mindfulness

BREAK

