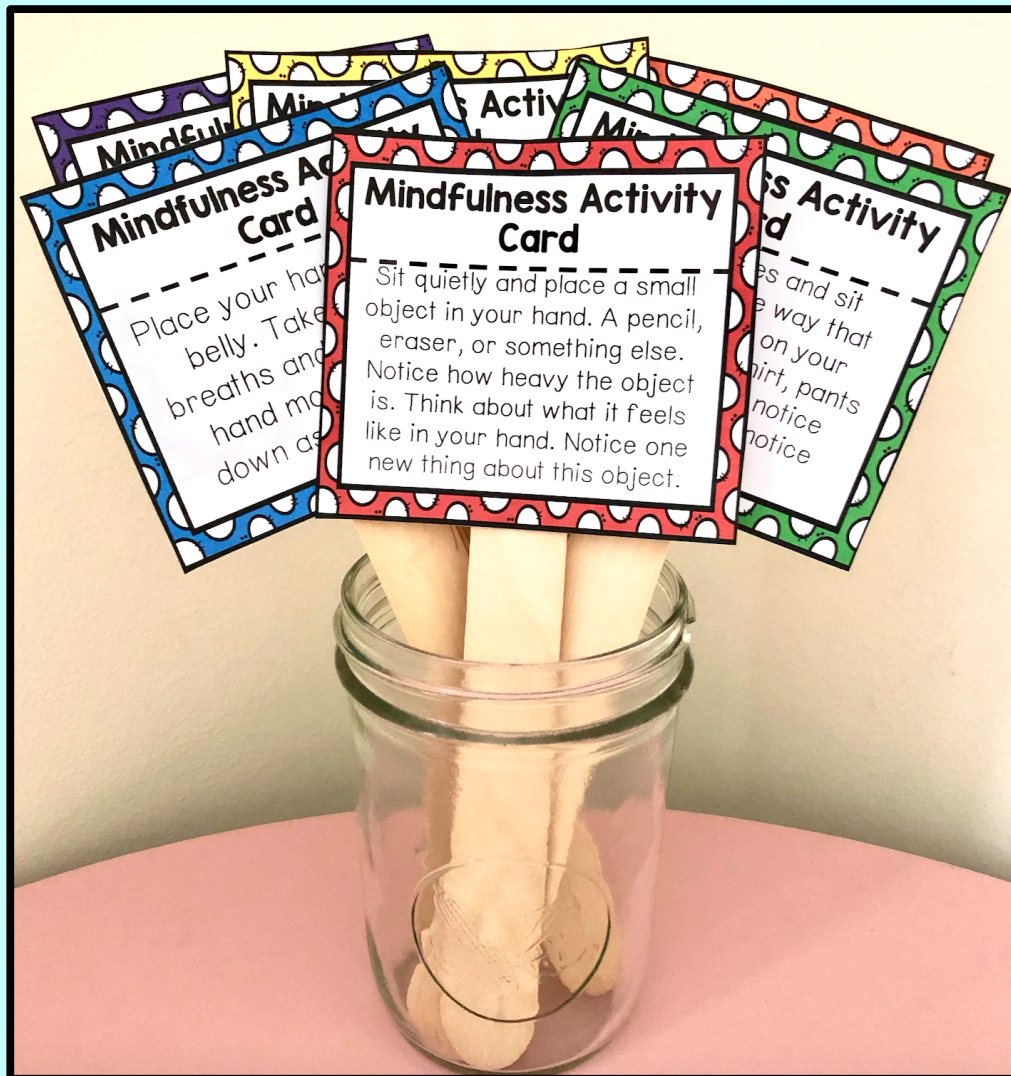
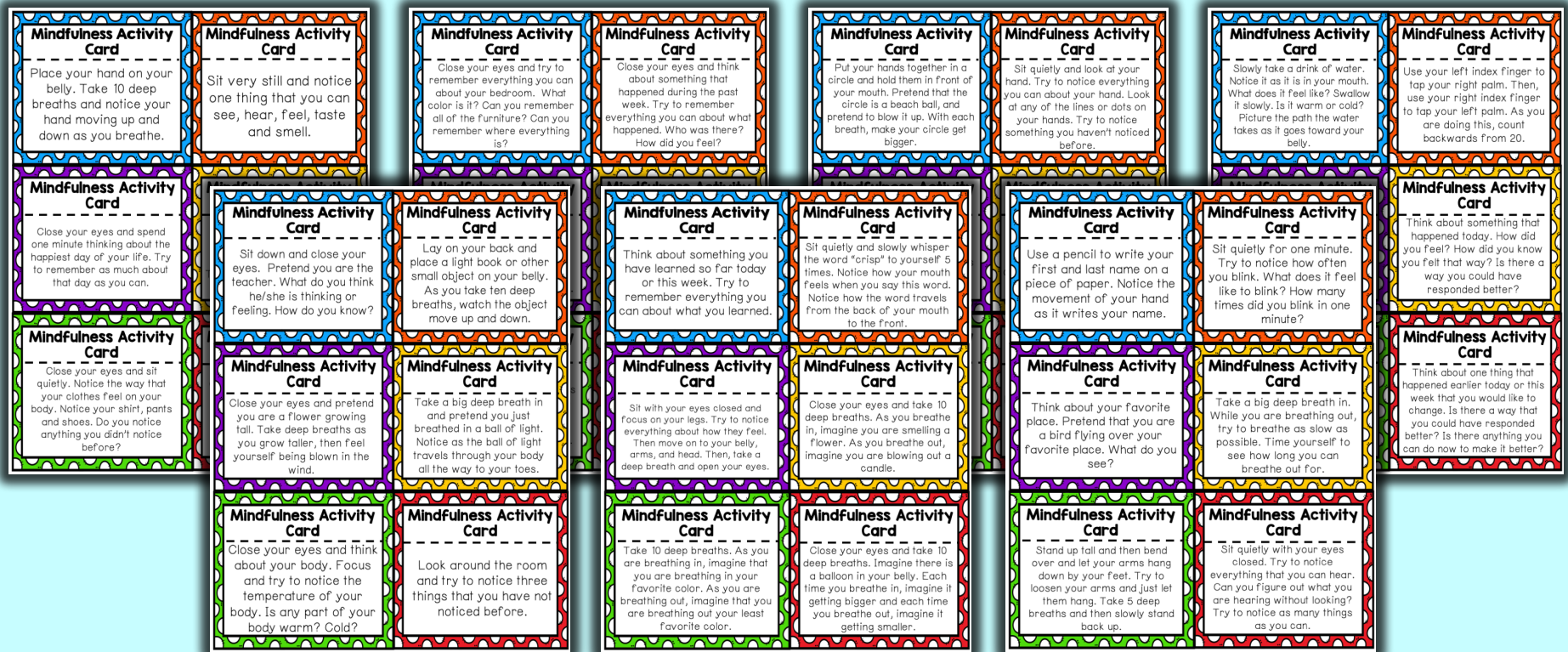


# These mindfulness activity cards are perfect for:



- Mindfulness lessons
- Coping skills lessons
- Self regulation lessons
- Brain breaks
- At the beginning of lessons
- After a lesson
- After recess
- Placing in a calm down spot in your room/office
- Morning meetings

# Includes 42 cards!



These activity cards will give your students a chance to re-center themselves using mindfulness strategies such as movement, deep breathing, and meditation