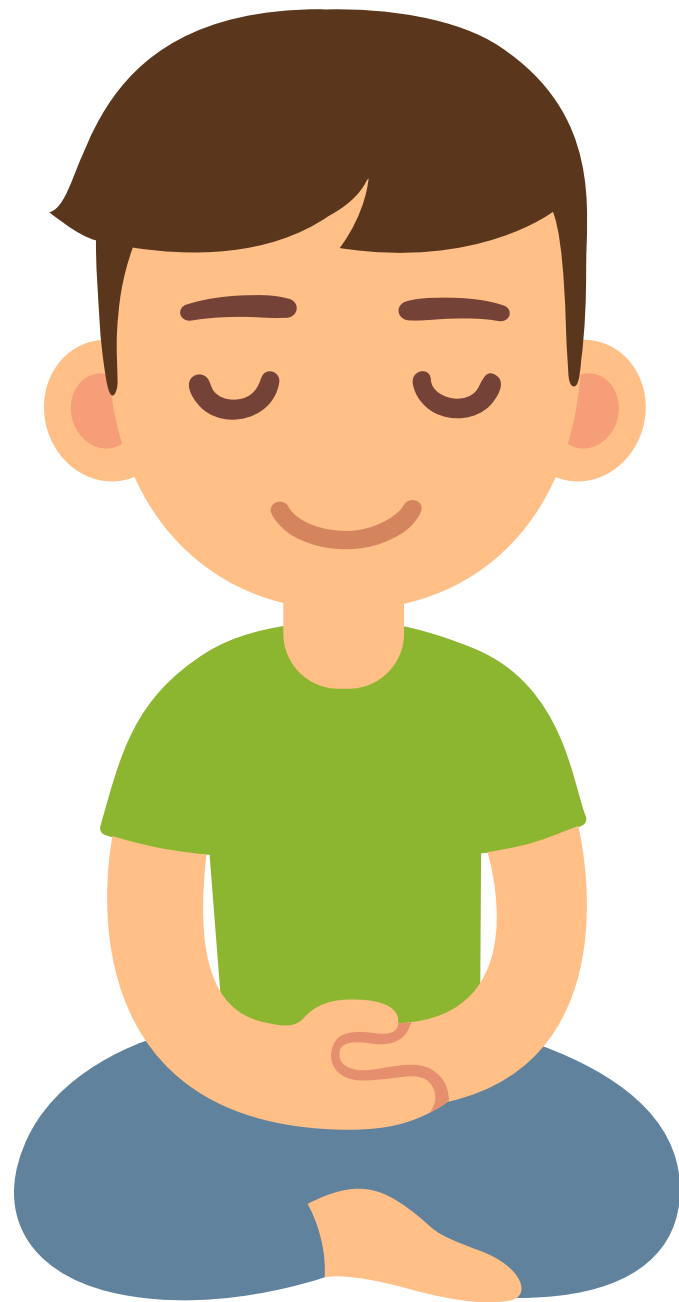


Mindful Minute



Close your eyes.

Focus on breathing.

**Notice what is
around you.**

Grades K-5

