

## **MINDFUL MOMENTS**

Place hands on heart and  
feel it beat.

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## **MINDFUL MOMENTS**

Do a slow “star stretch”  
(arms and legs wide, then  
curl in).

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## **MINDFUL MOMENTS**

Listen carefully for 30  
seconds – what sounds can  
you hear?

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## **MINDFUL MOMENTS**

Look around and name 3  
things you can see.

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