

Mindful Coloring



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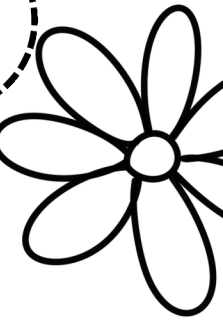
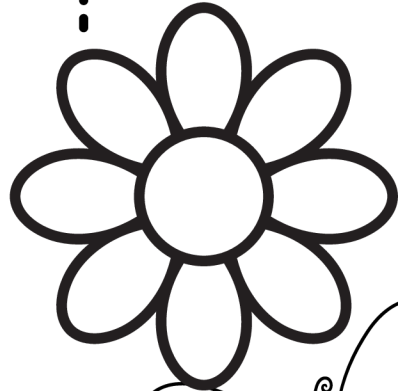
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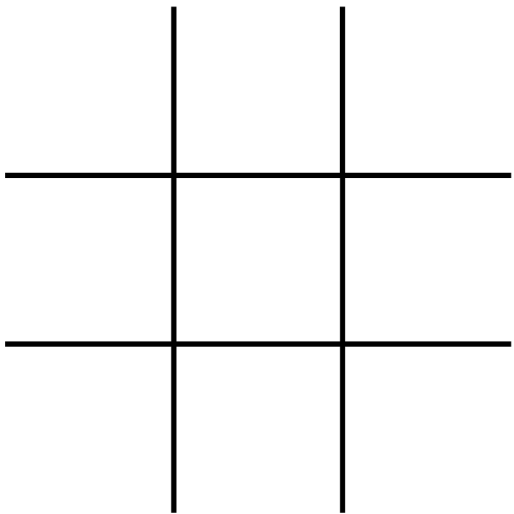
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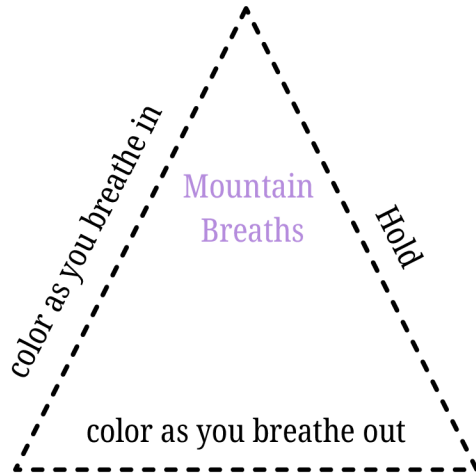
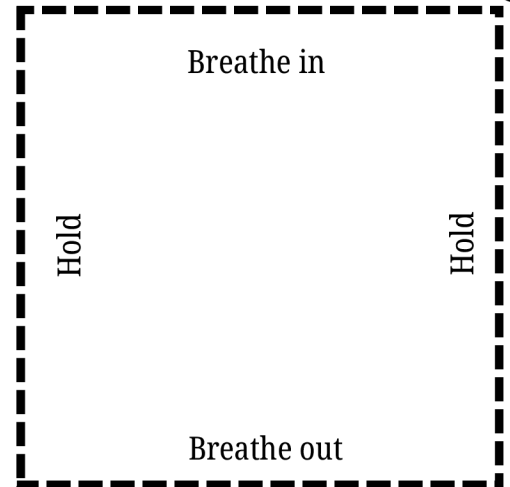
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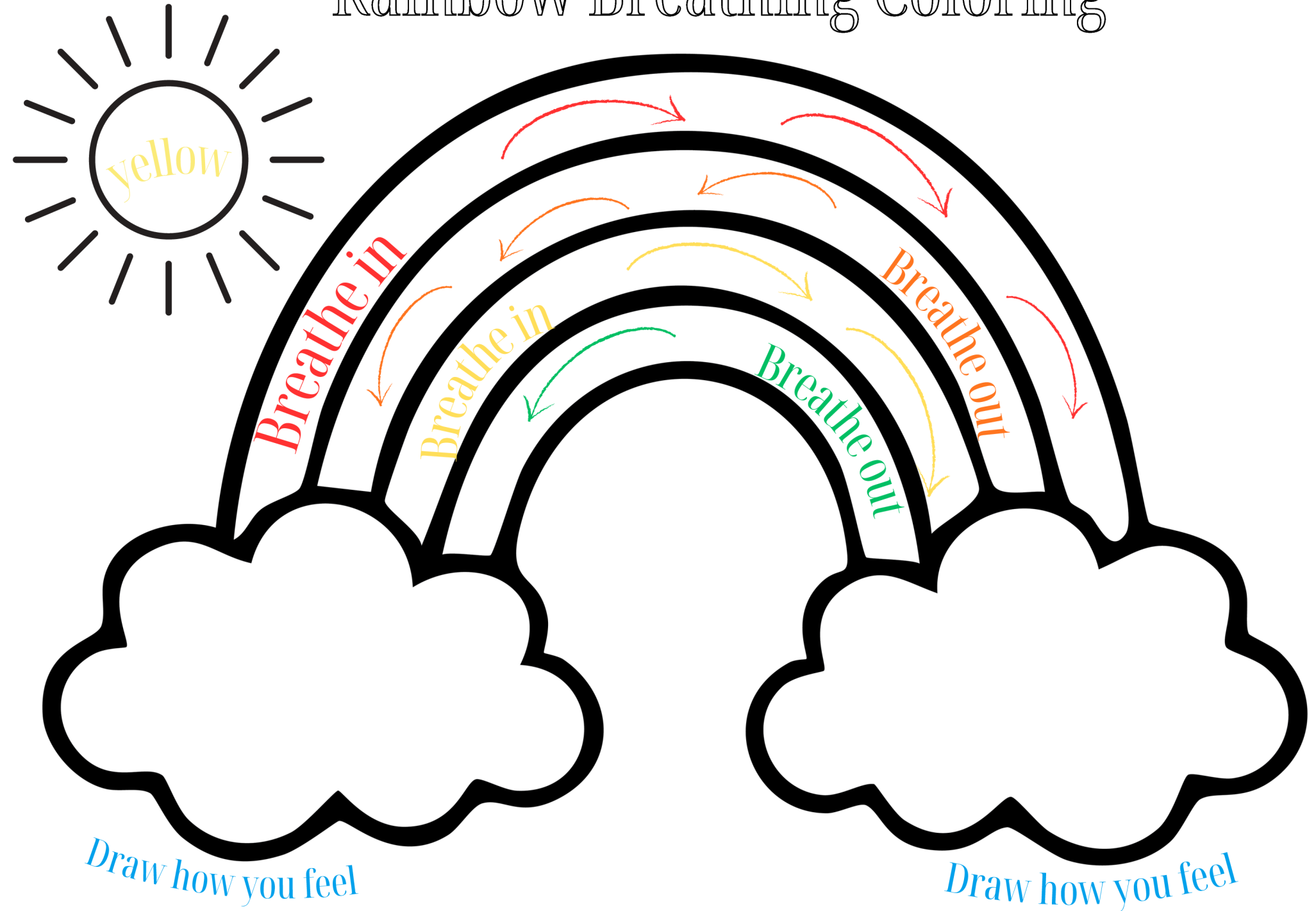
Tic-Tac-Toe



Box Breathing



Rainbow Breathing Coloring



yellow

Breathe in

Breathe in

Breathe out

Breathe out

Draw how you feel

Draw how you feel