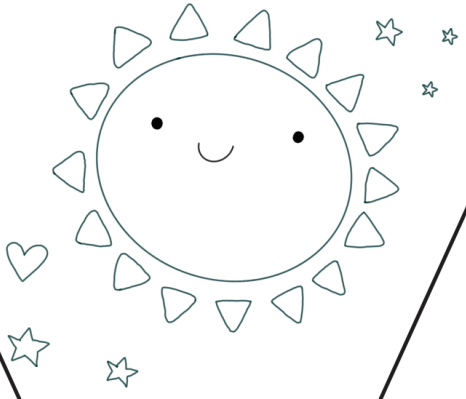
fold fold

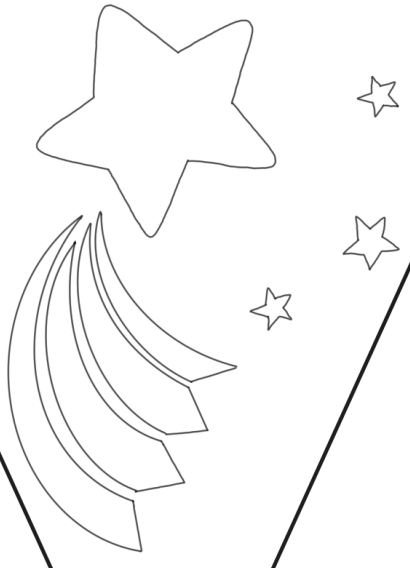
I am brave



minimindfulness

fold fold

I am strong



mini mindfulness

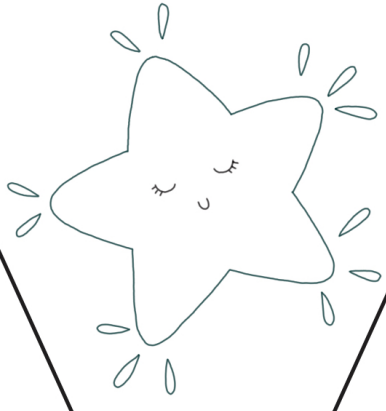
fold fold

I matter in the world

minimindfulness

fold fold

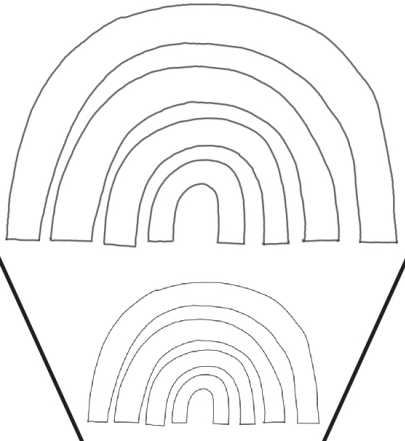
I believe in myself



minimindfulness

fold fold

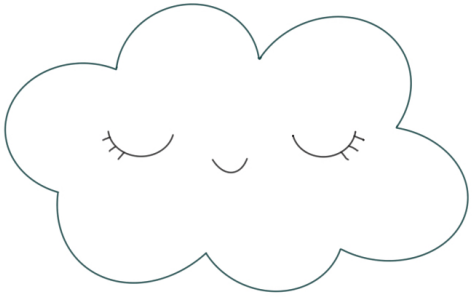
I can do hard things



minimindfulness

fold

fold



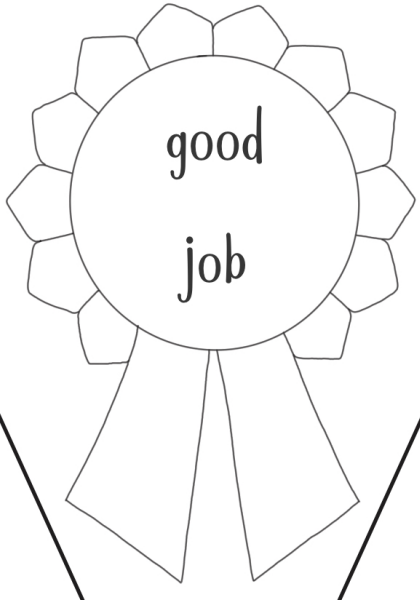
I am loved

mini mindfulness

fold

fold

I am proud



minimindfulness