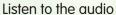
Mindful Moments









For students in China

Practice Mindfulness

- I. Sit down on a chair with your back straight.
- 2. Put your feet flat on the floor.
- 3. Close your eyes and take deep breaths in and deep breaths out.
- 4. Think about how the parts of your body feel.
- 5. Breathe slowly. Do this for a few minutes.

Color the picture on page 325 as neatly as you possibly can. You do not have to color the picture quickly. You can take breaks.



Color Mindfully

