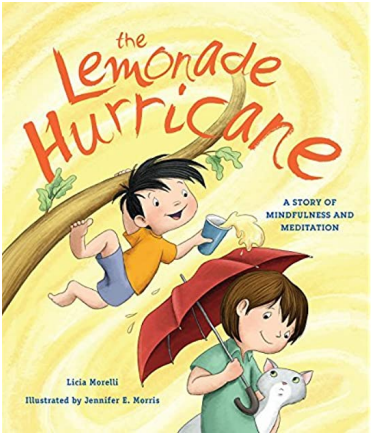




MINDFULNESS



My name is: _____

Illustrate 3 things you can do to practice Mindfulness and Meditation.