

Mindful Moments

track 2 



Listen to the audio



For students in China

Practice Mindfulness

1. 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

