

CALMING CARDS

Instructions

Calming Cards are a simple way to practice Mindful Meditation. Choose any card and trace your finger around the image while breathing slowly and deeply.

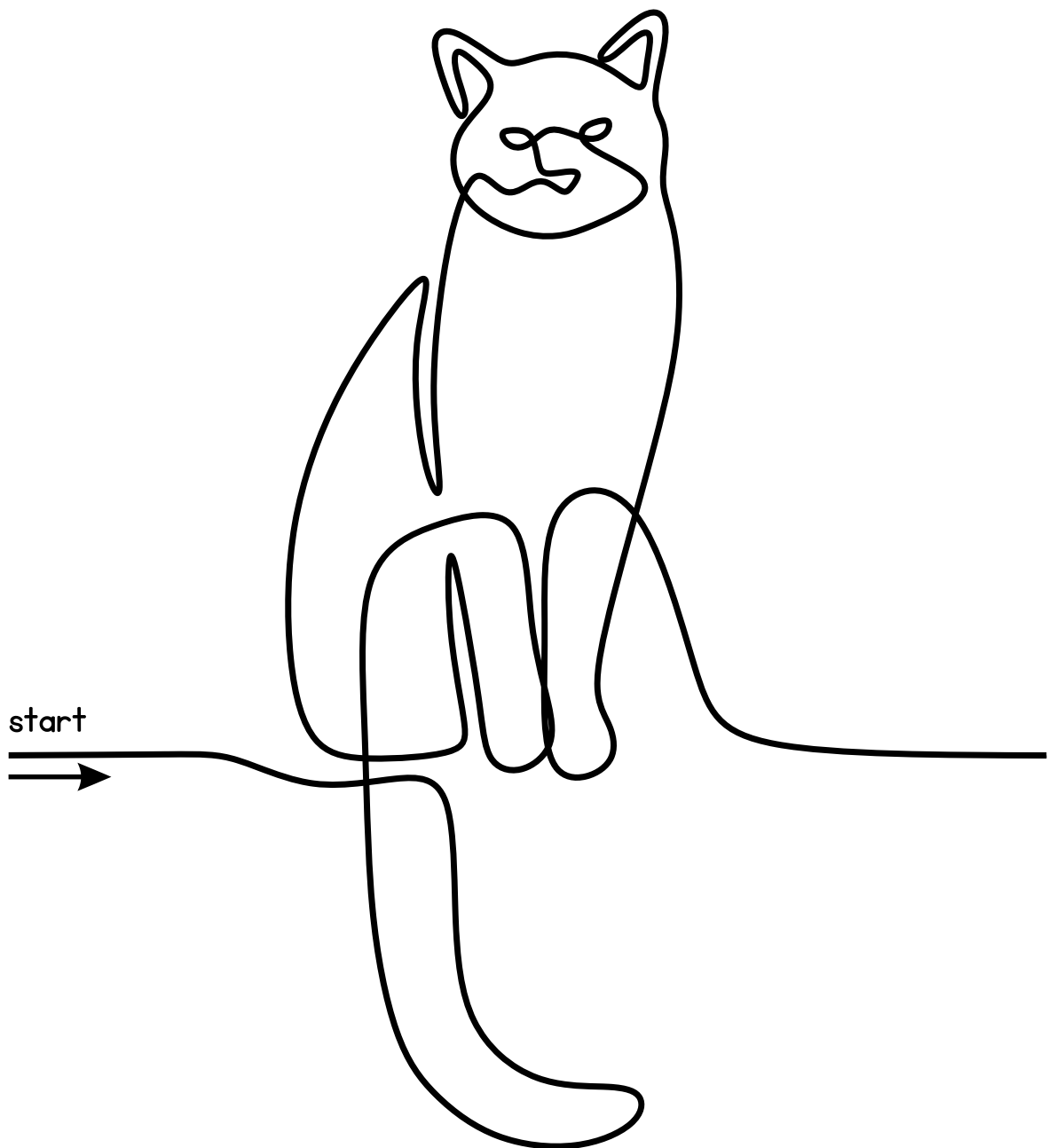
We suggest putting on some relaxing music in the background while you trace each image.

There are seven cards to trace, and we suggest you use a different card each day for one week to start your mindfulness practice. You should set aside about 10 minutes a day for your practice.

After one week, you may want to continue using the cards, or you may want to try another mindfulness practice.

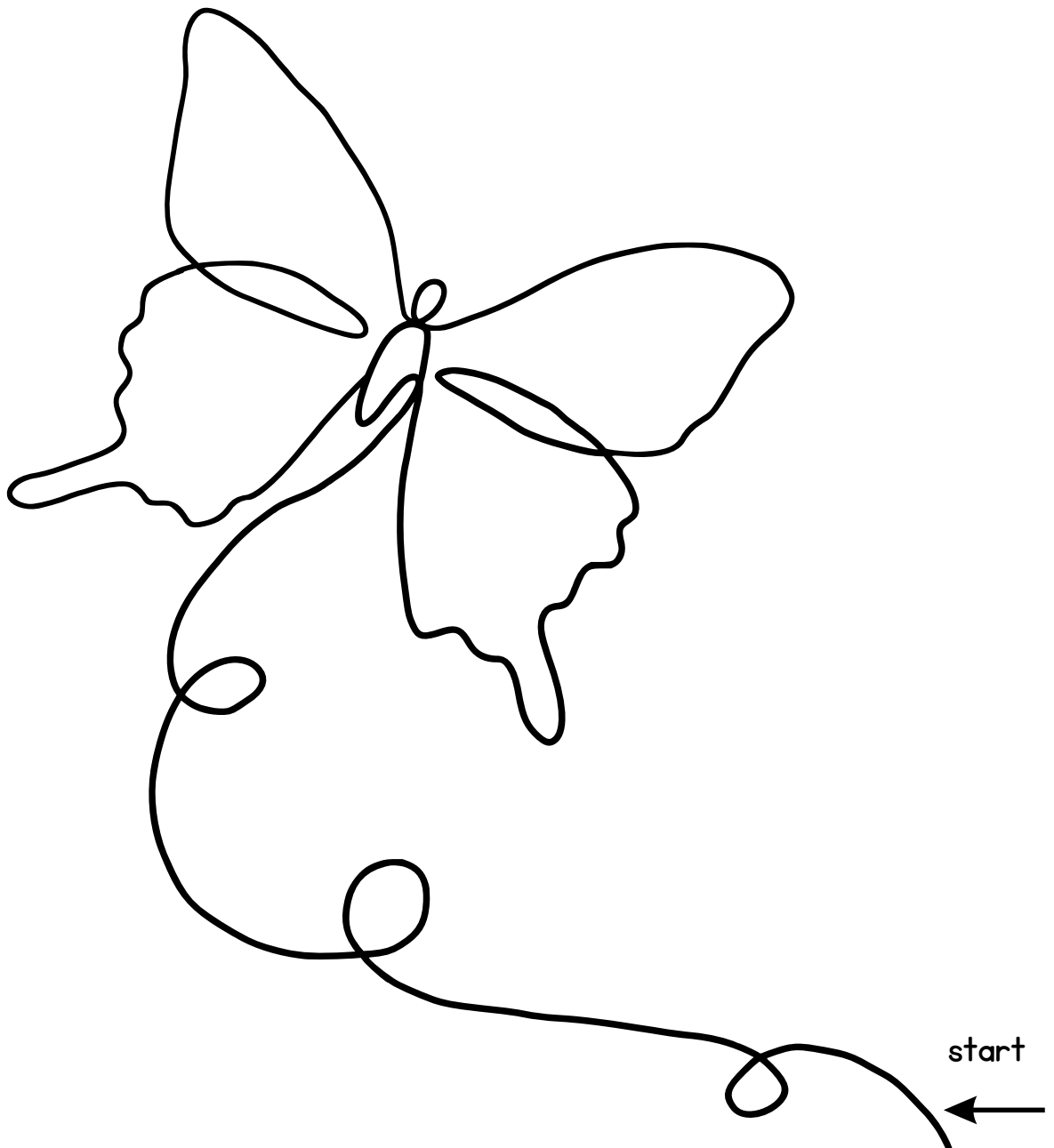
CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.



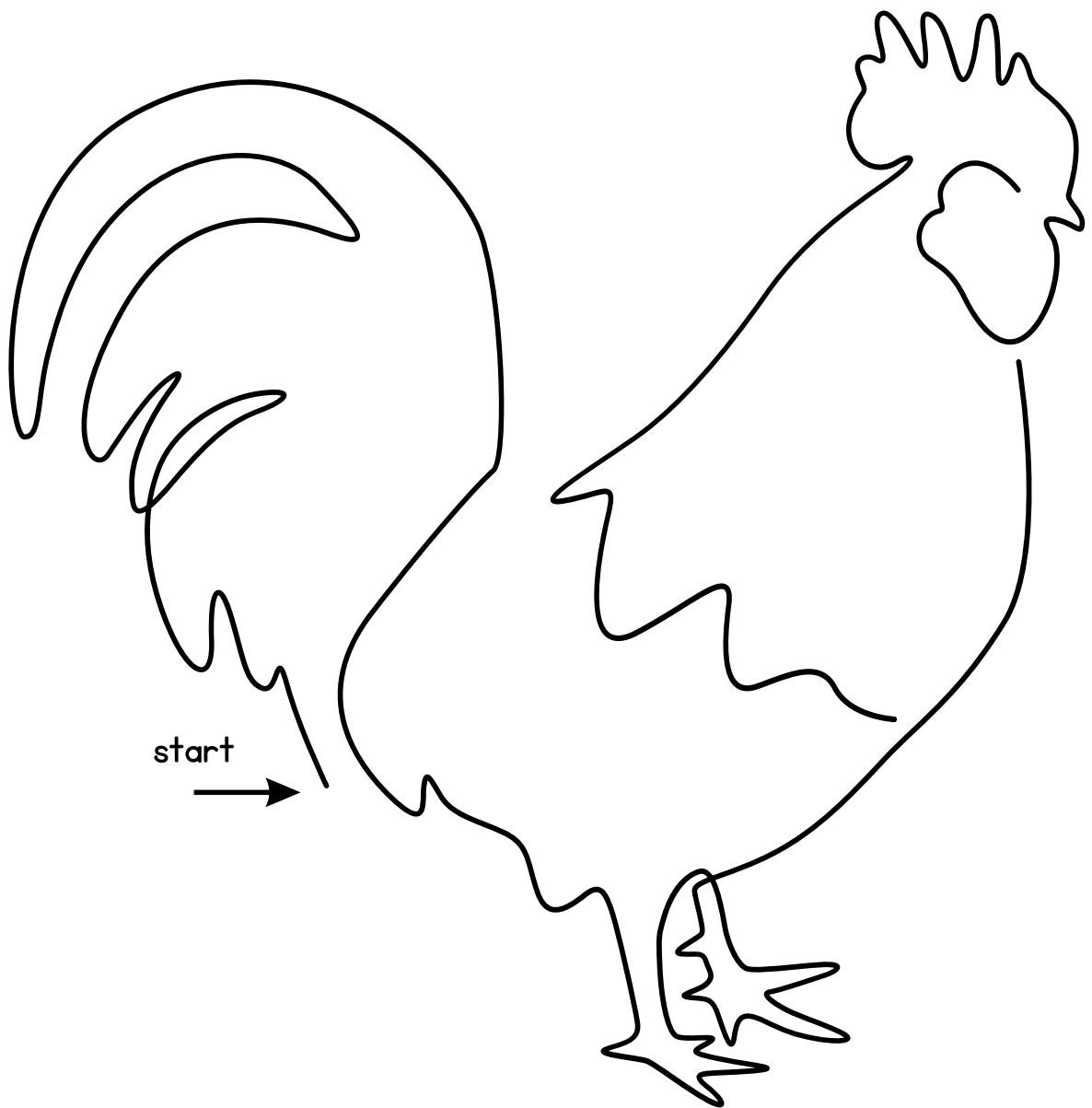
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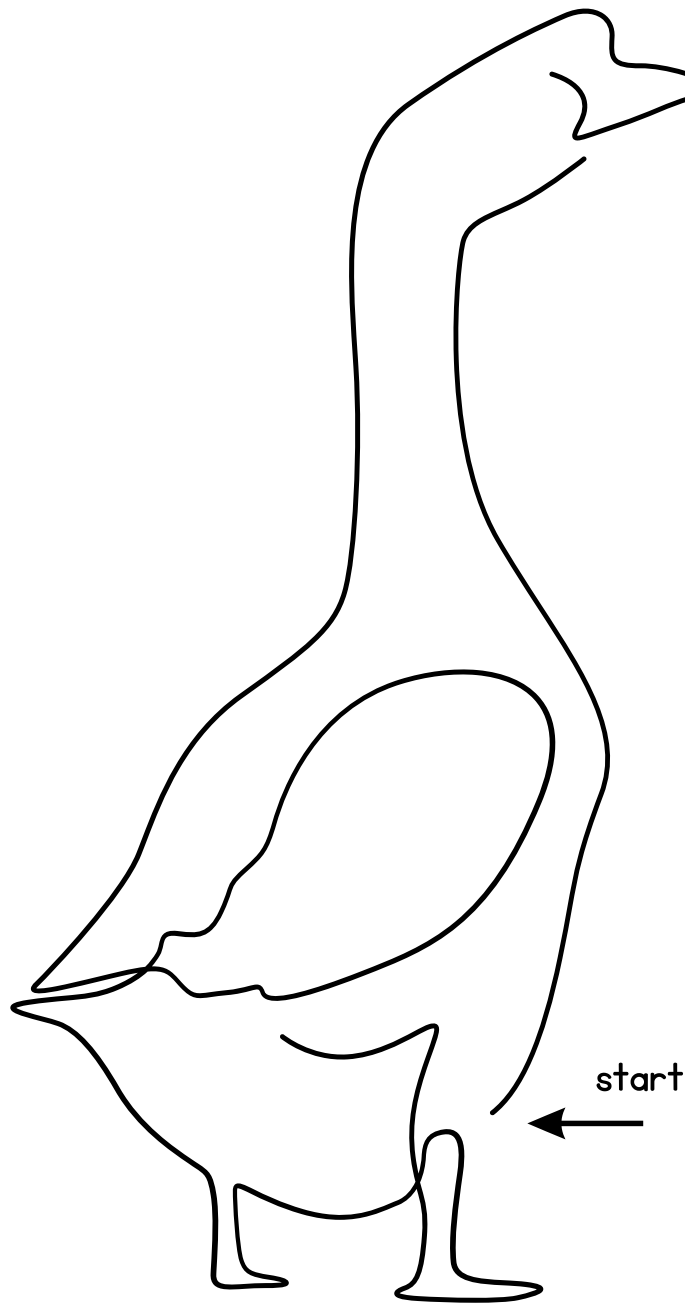
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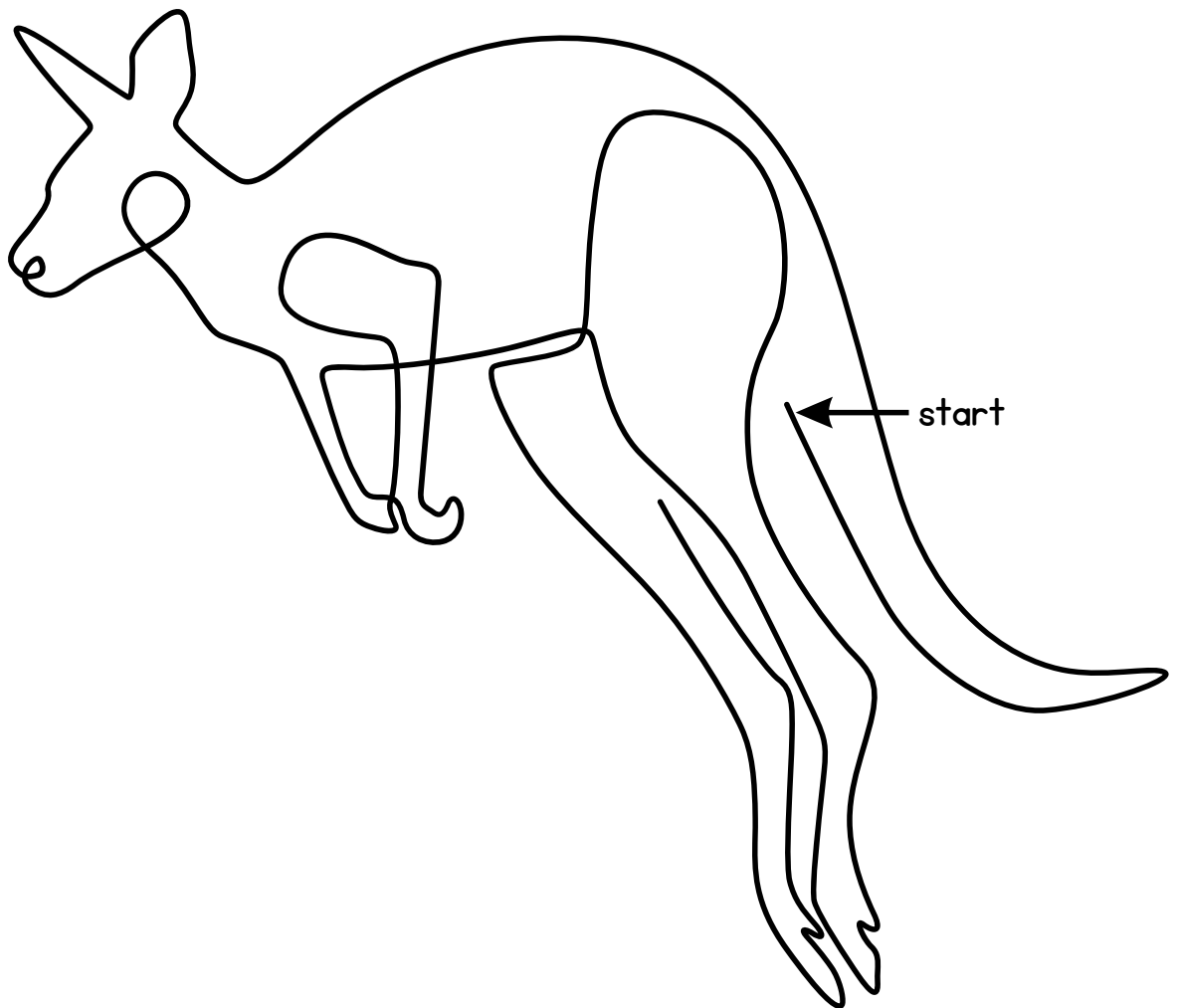
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