

# In my mindful bubble...

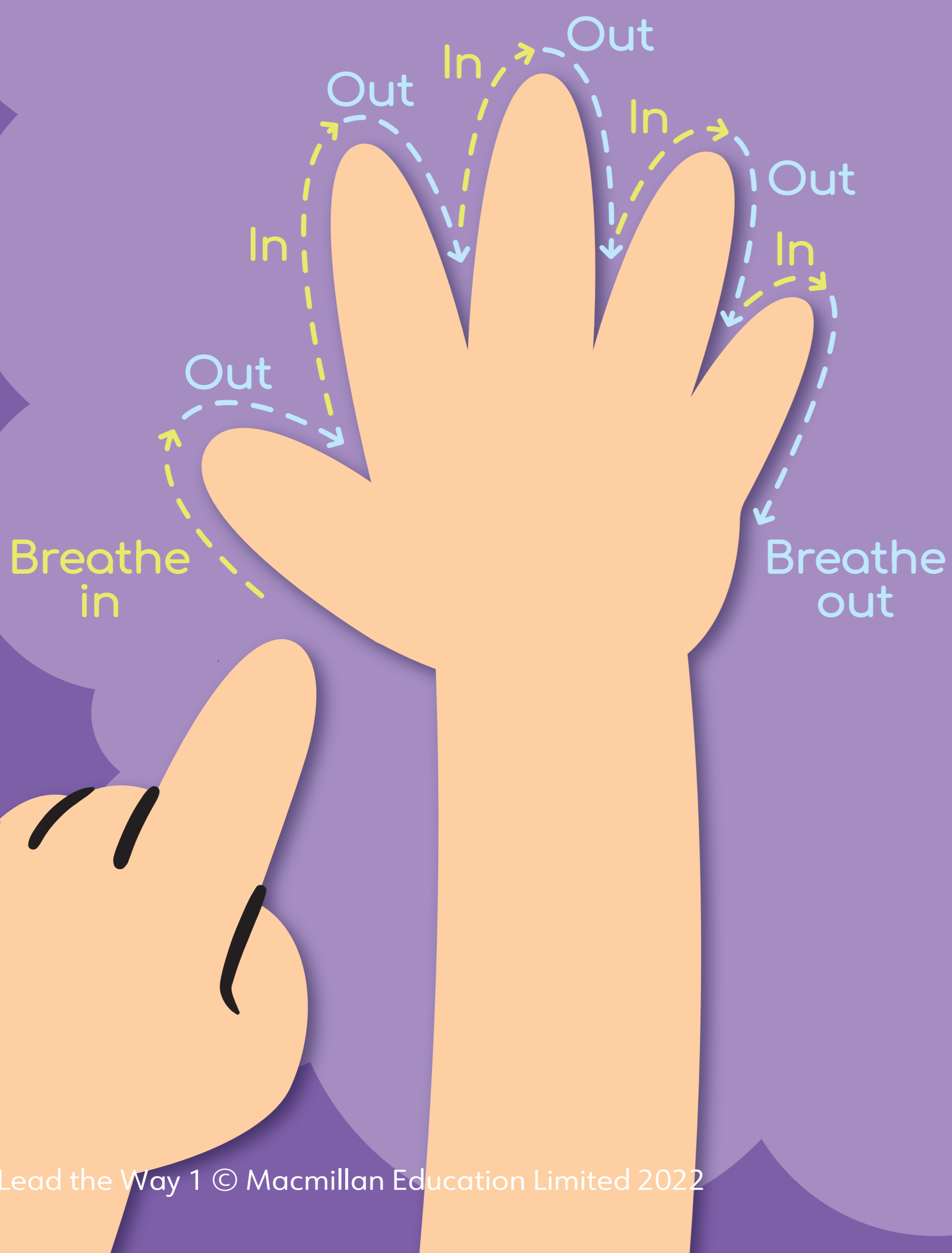


I am still.  
I am quiet.  
I respect others.

# I practise mindfulness

## Hand breathing

Unit 2



## Flower breathing

Unit 5

