

On-The-Go Mindfulness Cards

Cut out each of the cards below and hole punch them. Add to a keyring for a set of on-the-go mindfulness cards that can be used in the car, doctors offices or wherever your family could benefit from an easy regulation strategy. Consider laminating for added durability.



On-The-Go Mindfulness Cards



Smell
the
flower

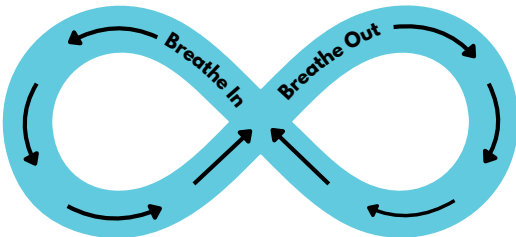
then



Blow out
the
candles



Lazy 8 Breathing



Hand Breathing Visual

