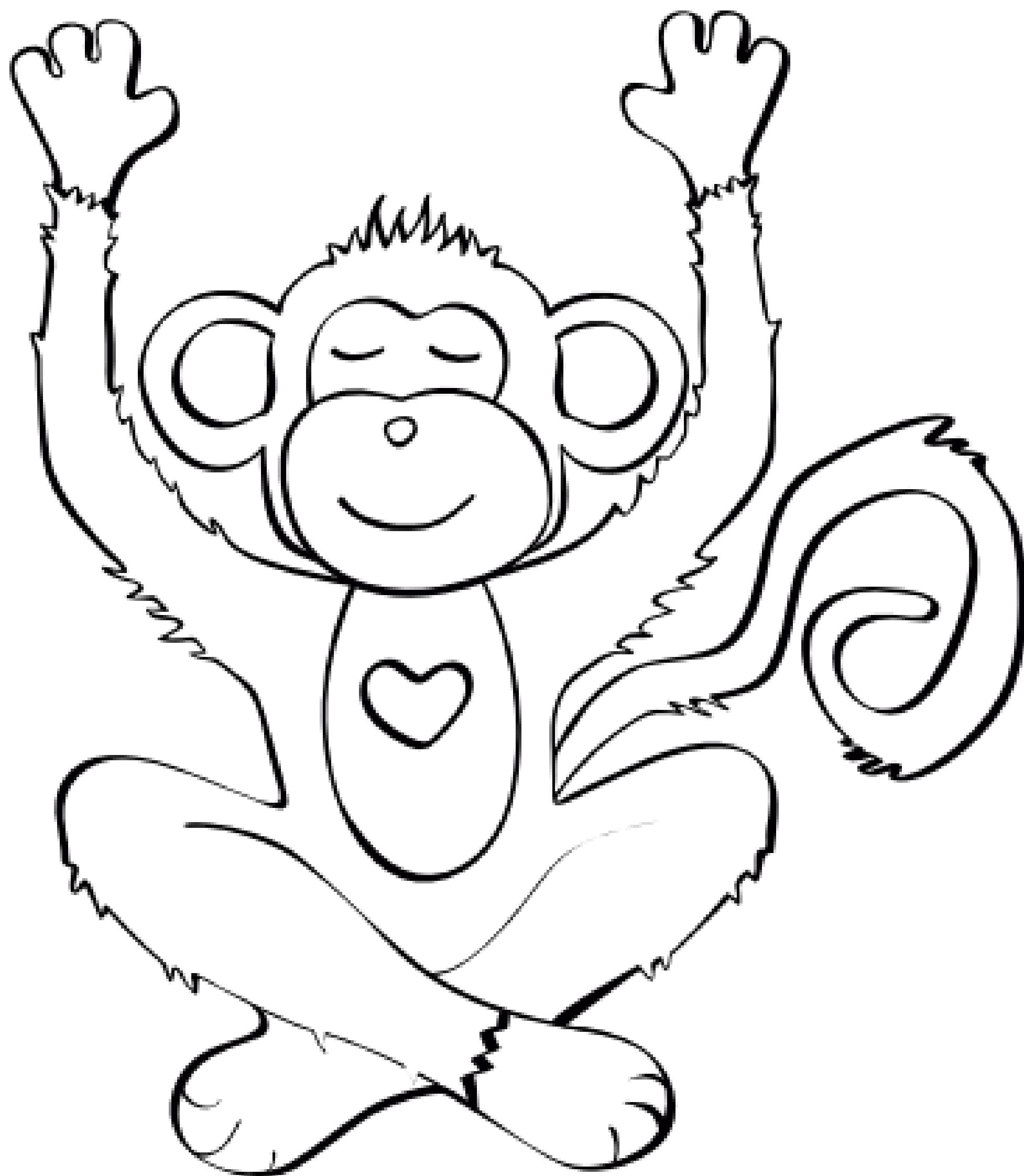


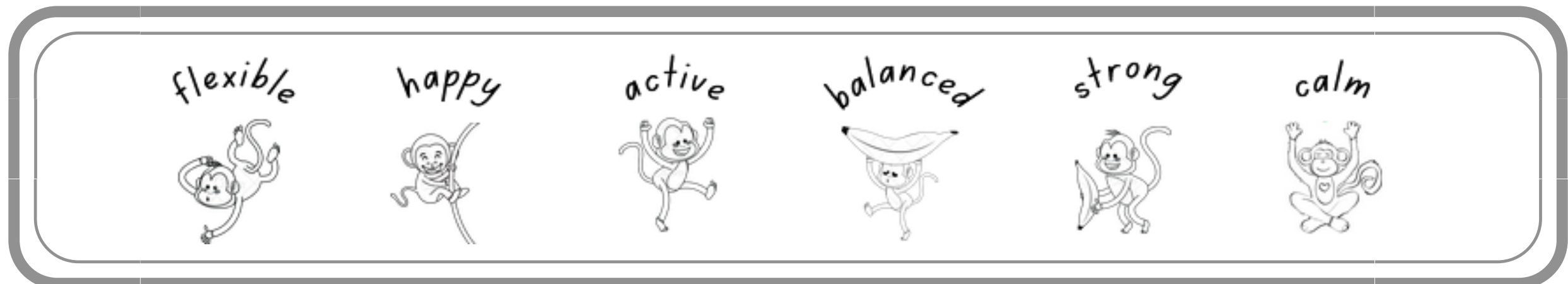
Wake up with MINDFUL MONKEY



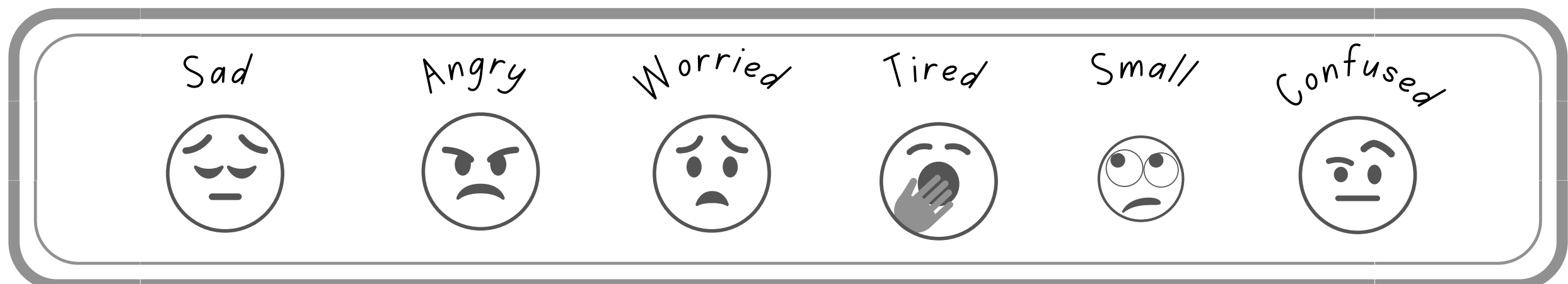
Breathe in and lift your arms up
then breathe out and put your arms down.

Get to know Mindful Monkey.

Mindful Monkey is...
(circle your answer)



Sometimes I feel...
(circle your answer)



What is mindfulness?

