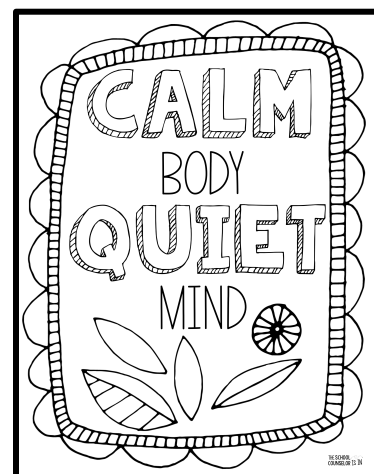
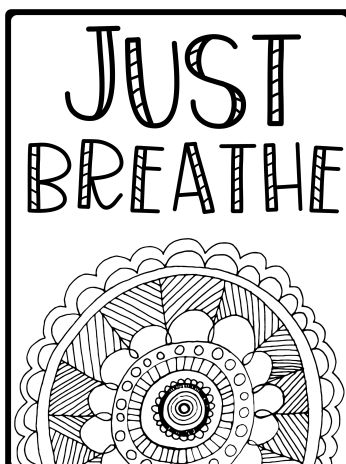
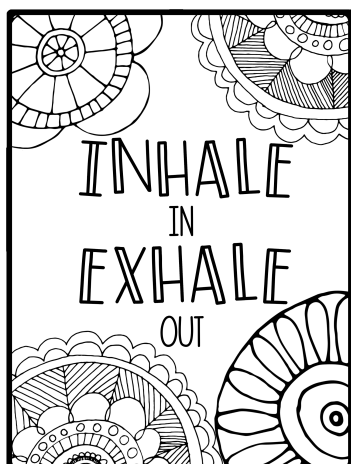
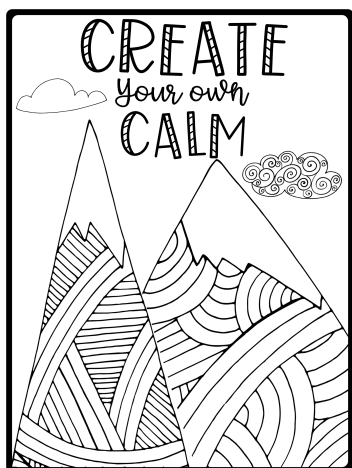


# MINDFULNESS

# Coloring Pages



# FOUR

# FREE DESIGNS

THE SCHOOL  
COUNSELOR IS IN

# MINDFULNESS Coloring Pages

Mindful coloring is calming and therapeutic for kids. Mindfulness coloring pages focuses the mind and helps inspire creativity. This download includes four FREE mindfulness designs.

These coloring pages can be used to encourage self-care for students (and adults!). These pages can be a great addition to a Calm Down Spot at home or school.

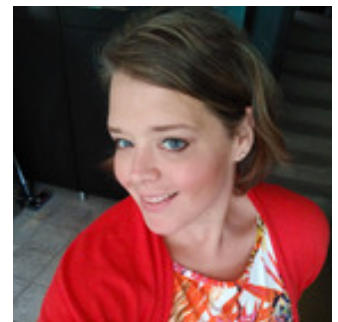
## CLIPART/FONT CREDITS



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www.teacherspayteachers.com/  
Store/The-Bubbly-Blonde](https://www.teacherspayteachers.com/Store/The-Bubbly-Blonde)



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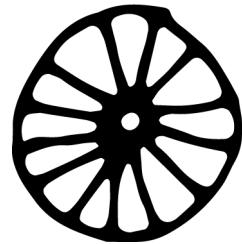
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CALM

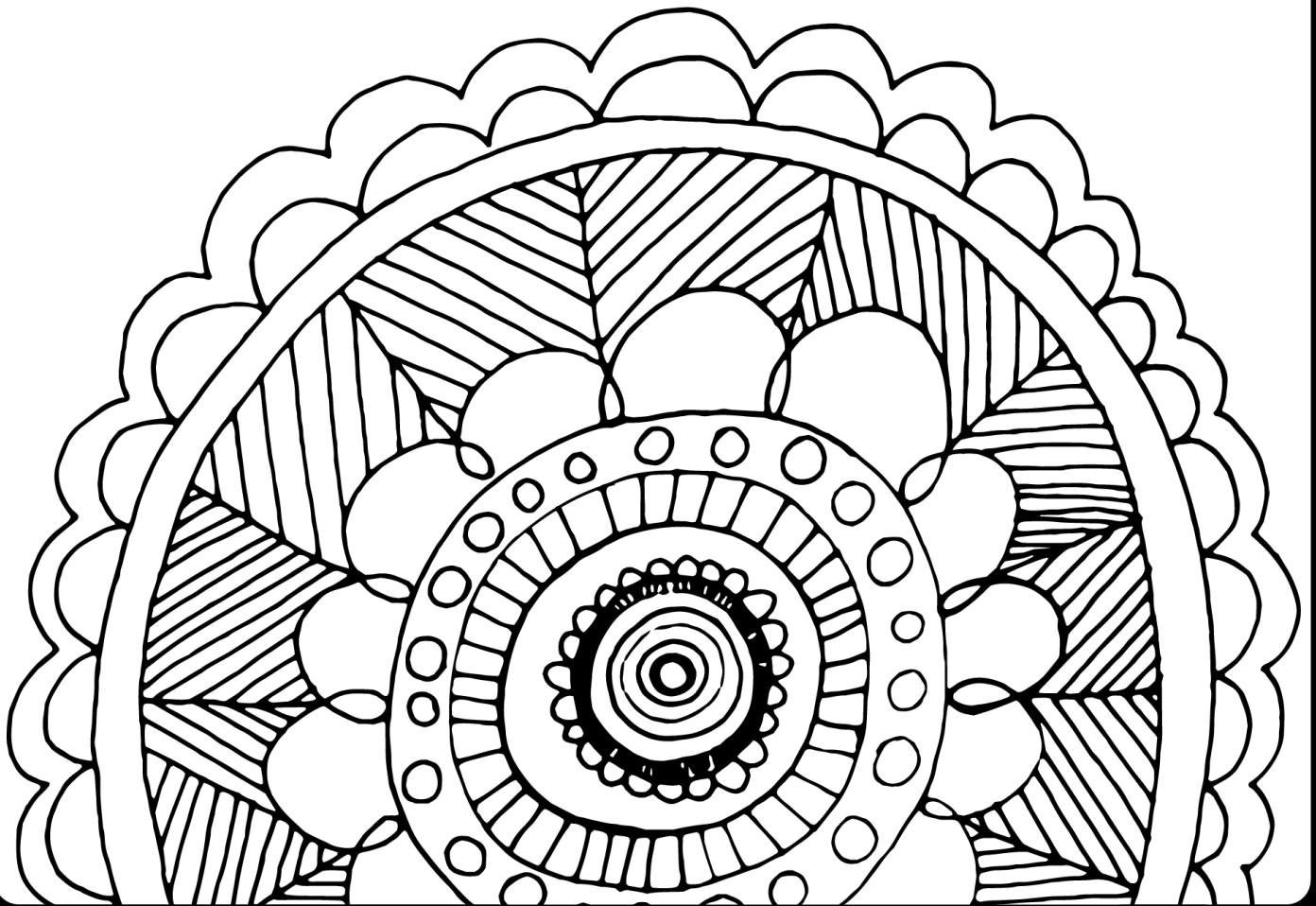
BODY

QUIET

MIND



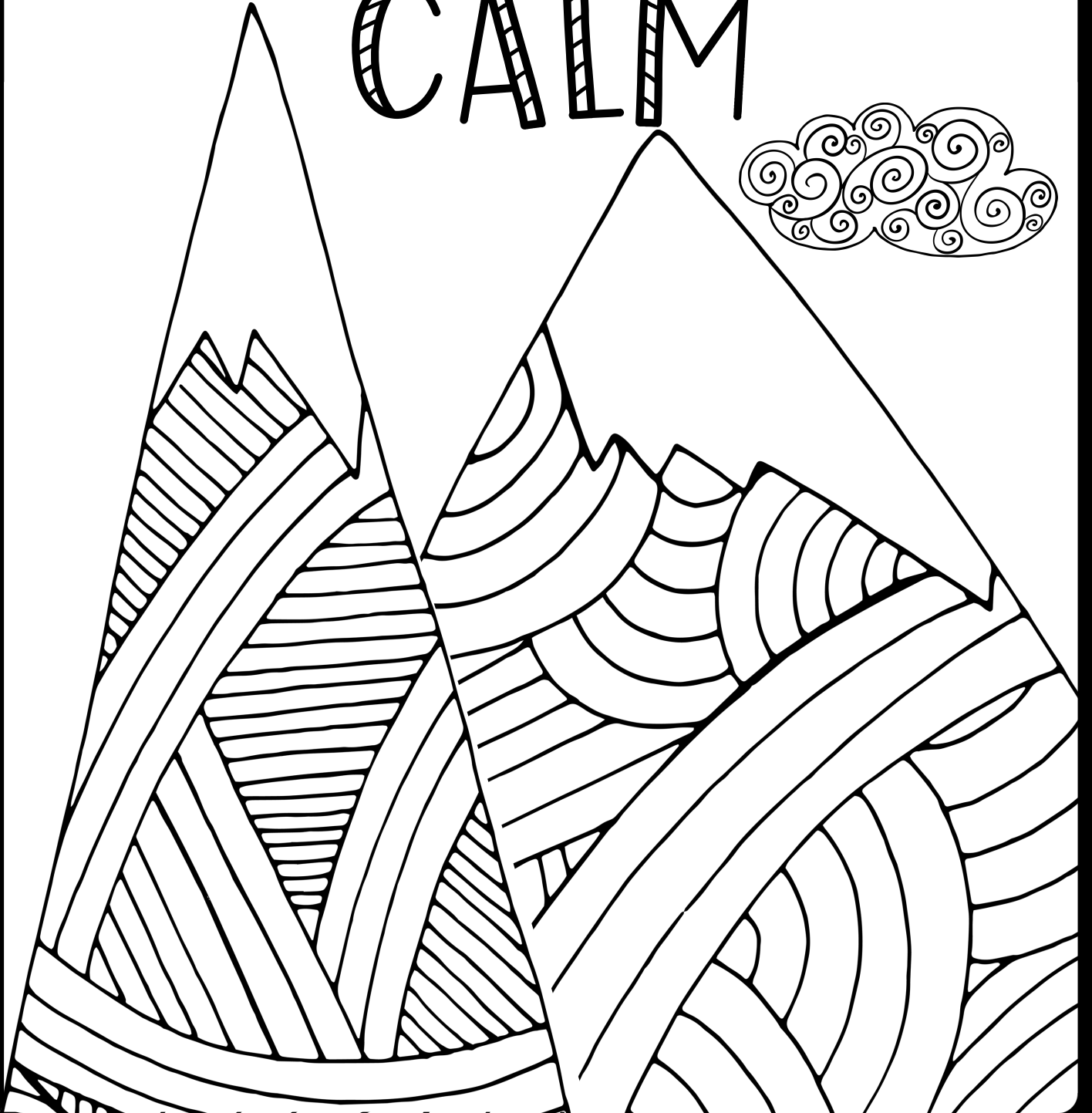
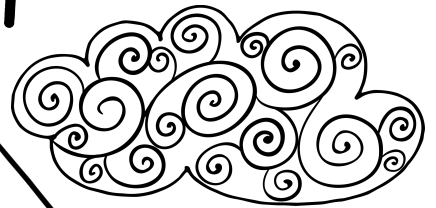
JUST  
BREATHE



# CREATE

Your own

# CALM





INHALE

IN

EXHALE

OUT

