



EASTER MINDFULNESS



Hop Into Positivity!



**I bounce with
confidence**



**I leave happy
footprints**



**I hop through
challenges**



**I am full of
Easter magic**



**I listen with big
bunny ears**



**I am gentle
with others**



**I bring joy with
every hop**



**I give kindness
like a gift**



**I breathe in
gentle calm**