



Fall Mindfulness



Stay cozy and kind this fall.

Fill out each section below to grow your fall mindfulness!

Gratitude

My heart feels golden like a autumn maple leaf when I think about...



Kindness

I can be as helpful as a busy squirrel gathering acorns by



Regulation

When my feelings swirl like leaves in wind,
I can calm down by...



Calmness

I feel peaceful like a leaf floating
gently down when I...

