

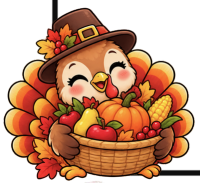
Thanksgiving Mindfulness



Nurture a grateful heart this Thanksgiving.
Fill out each section below to gather gratitude & harvest thankful thoughts.

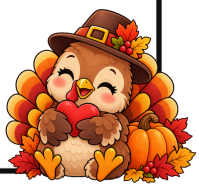
Gratitude

My heart fills with thanks like a harvest basket when I think about....



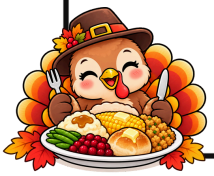
Kindness

I can share kindness like sharing a Thanksgiving feast by...



Regulation

When my feelings feel full like a Thanksgiving plate, I can...



Calmness

I feel peaceful like a candle glowing at the Thanksgiving table when...

