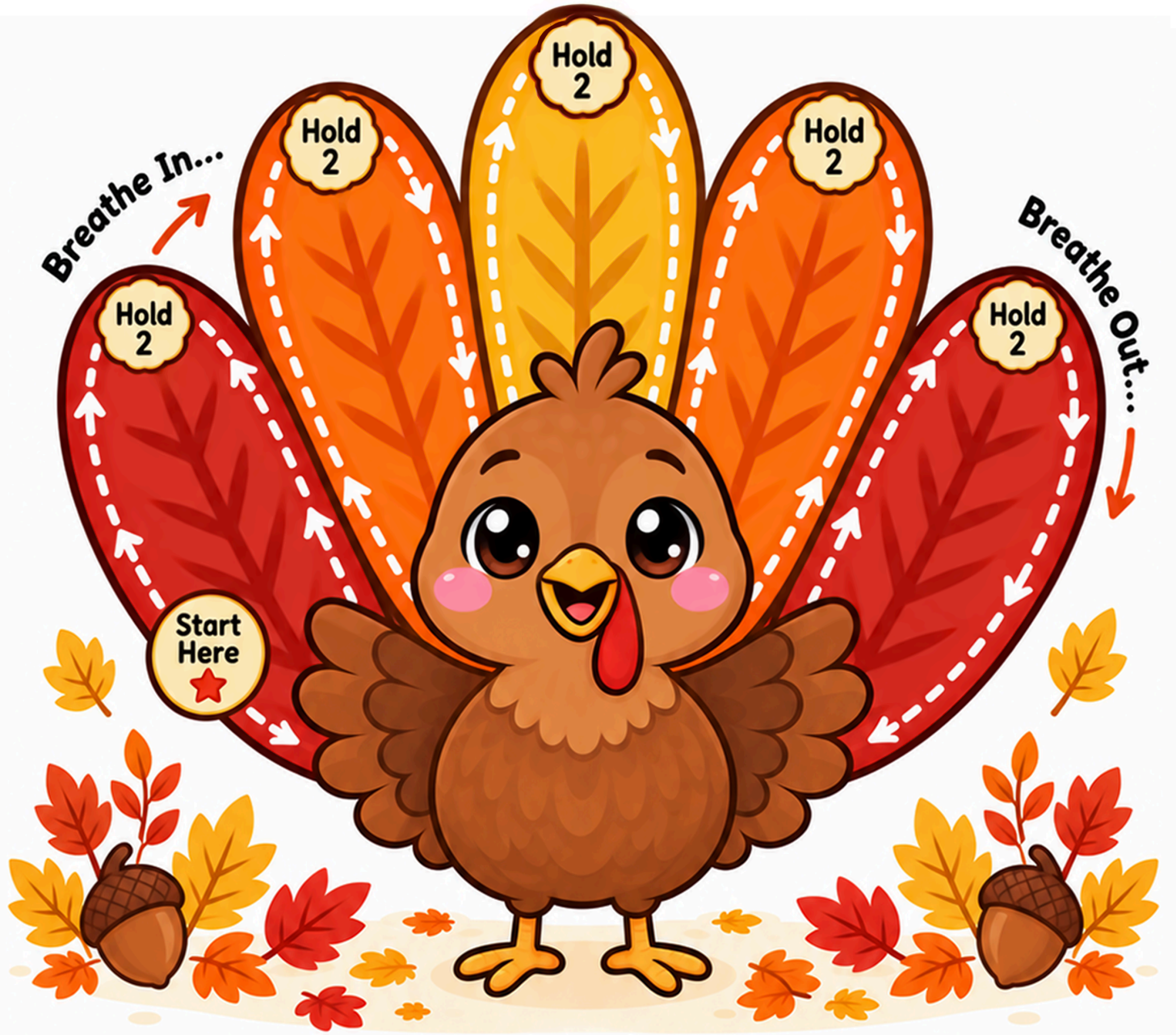
TURKEY BREATHING

FEATHERS OF CALM

1. Place your finger on **Start Here.**
2. Breathe in as you trace up each feather.
3. Hold at the top for 2 seconds.
4. Breathe out as you trace down each feather.
5. Repeat feather by feather until you feel calm.



EnchantedLittleWorld

POSITIVE AFFIRMATIONS

THANKSGIVING

HARVEST HAPPY THOUGHTS!



I bring cheer to the people around me.



I carry gratitude in my heart.



I appreciate simple blessings.



I embrace what makes me unique.



I savor sweet moments each day.



I harvest happiness every day.



I nourish my spirit with goodness.



I grow stronger when I care for others.



I am filled with abundance.

Thanksgiving Mindful Moment

Slow down. Look around.
Notice something you're thankful for.



Thanksgiving Mindfulness Tracing

The woodland friends are getting ready for a Thanksgiving gathering!
Trace each path to discover what each friend is bringing

