



# 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**