



ST. PATRICK'S DAY MINDFULNESS



Stay lucky and kind this St. Patrick's Day.
Fill out each section below to discover your pot of mindfulness!

GRATITUDE

I feel as lucky as a four-leaf clover
when I think about...

KINDNESS

I can act like a "kindness
leprechaun" by...

REGULATION

When I feel stormy like a cloud, I can
calm down by...

CALMNESS

I feel as peaceful as a rainbow over a
lush green hill when !...

