



# Easter Mindfulness



Stay sweet and kind this Easter.

Fill out each section below to warm up your Easter mindfulness!

## Gratitude

My heart feels colorful like a basket of Easter eggs when...



## Kindness

I can show 'some-bunny' I care about them by...



## Regulation

When I feel jumpy like a baby bunny, I can hop to calm by...



## Calmness

I find my quiet & peace like a flower in a meadow by...

