

Mindfulness
is...



by Mikaela Rangel

Dedicated
to Mrs. Coleman
and the
class of
3B!

made in 5-11-13

Mindfulness
is...



by Mikaela Rangel

mindfulness

is a warm
sunny day!



Mindfulness

is when
you laugh
and play!



Mindfulness

is what
your heart
desires!

③



3

Mindfulness
is what
helps
When your
tired!



Mindfulness
is the trees
Swaying in
the breeze.

5



Mindfulness
is the courage
you need
to breathe.



Mindfulness
is like a power
full fire!



SD

Mindfulness
is like a
wild tiger!



Mindfulness
is a special
gift which
we should
cherish and
keep for
as long as
we live!

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Mindfulness

