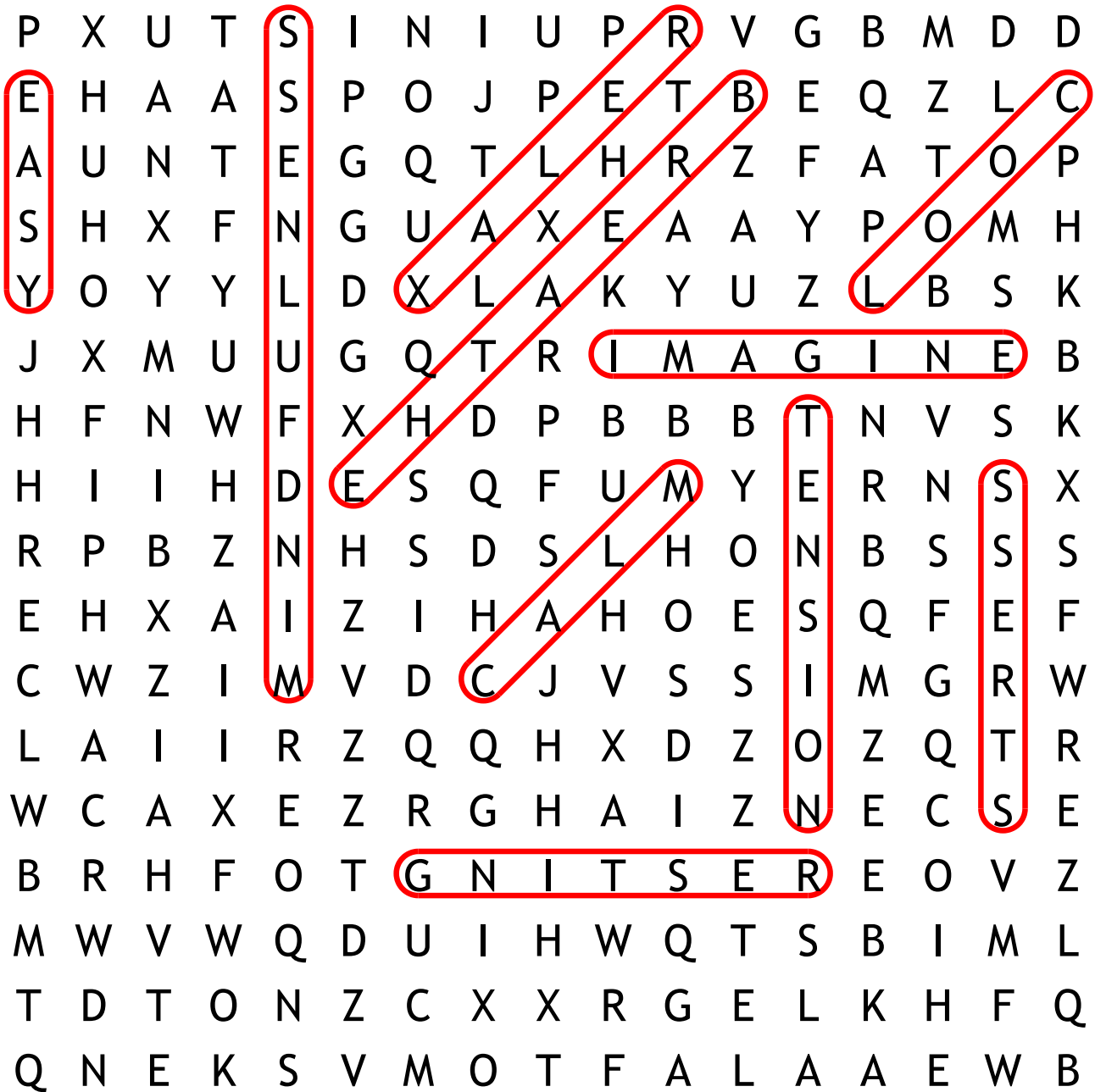


Name: _____

Date: _____

Meditation



mindfulness

imagine

relax

cool

resting

breathe

easy

tension

stress

calm