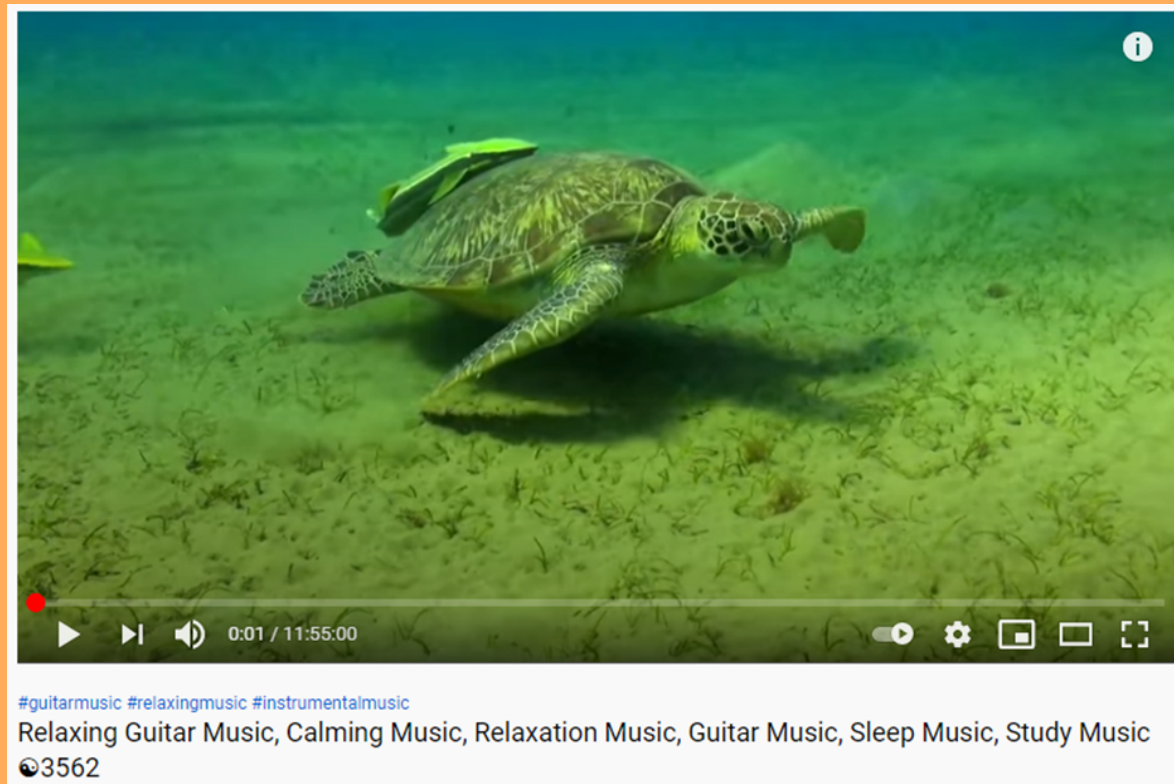


Mindfulness

Listen to the music and have some calm time watching the video, or draw a picture of what the music makes you think about while you listen



<https://www.youtube.com/watch?v=77YwsoKsNV8>

