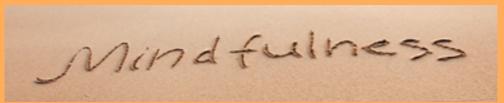
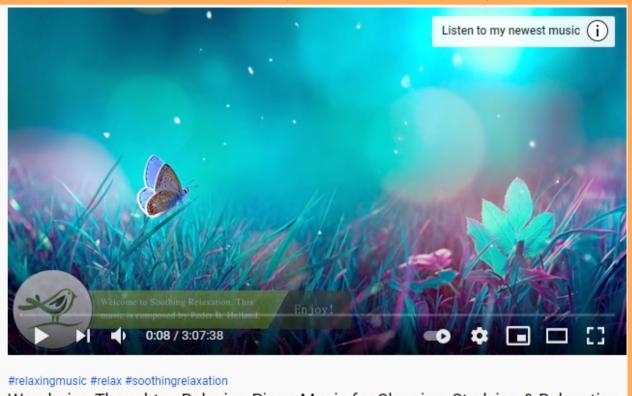
Wednesday Mindfulness Slide



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



Wandering Thoughts - Relaxing Piano Music for Sleeping, Studying & Relaxation

https://www.youtube.com/watch?v=BMdfX3LnHK0