

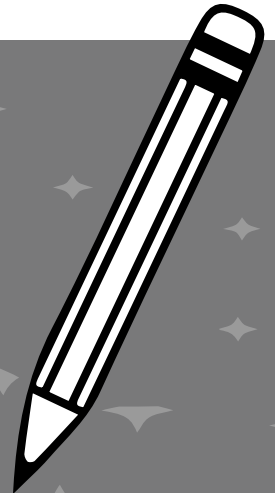


# 20

## MINDFULNESS COLORING ACTIVITY FOR KIDS



IS MY  
**SUPERPOWER**



HELLO  
MINDFULNESS



[www.cuterascals.com](http://www.cuterascals.com)

This book belongs to

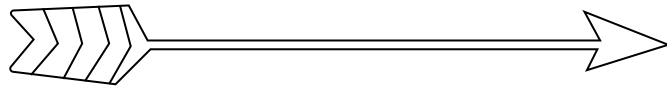
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Hello  
Mindfulness

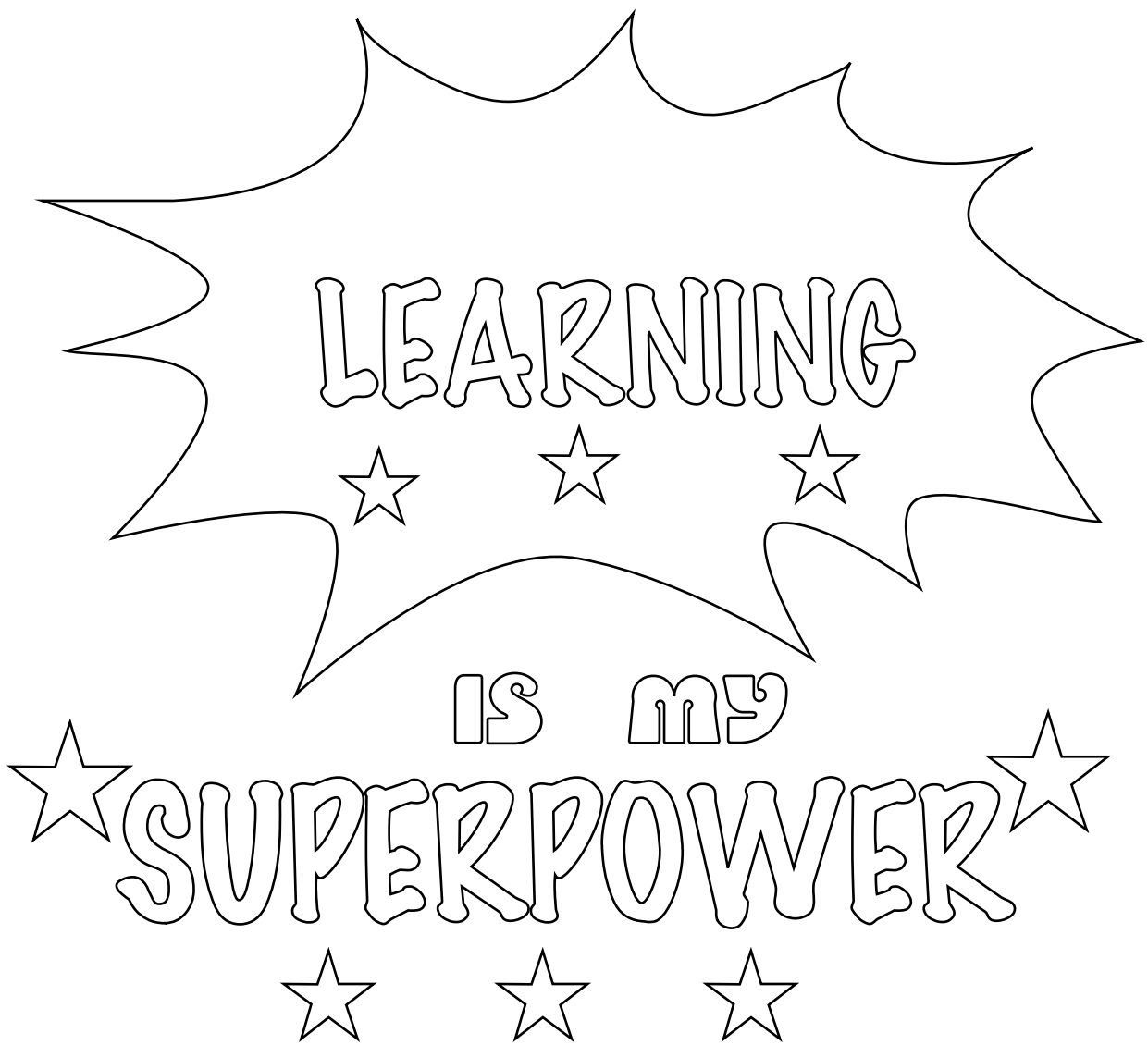


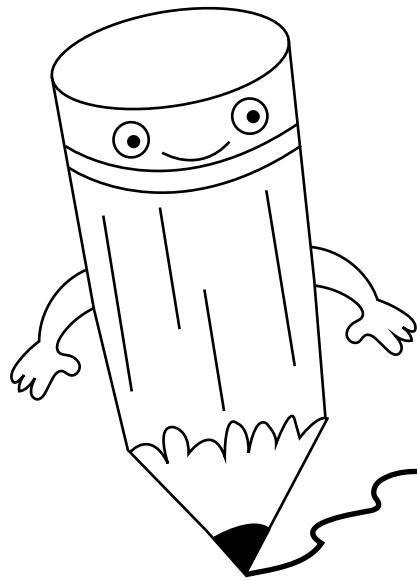


Practice

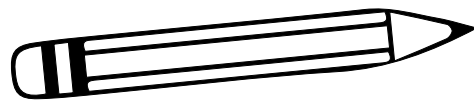
MAKES

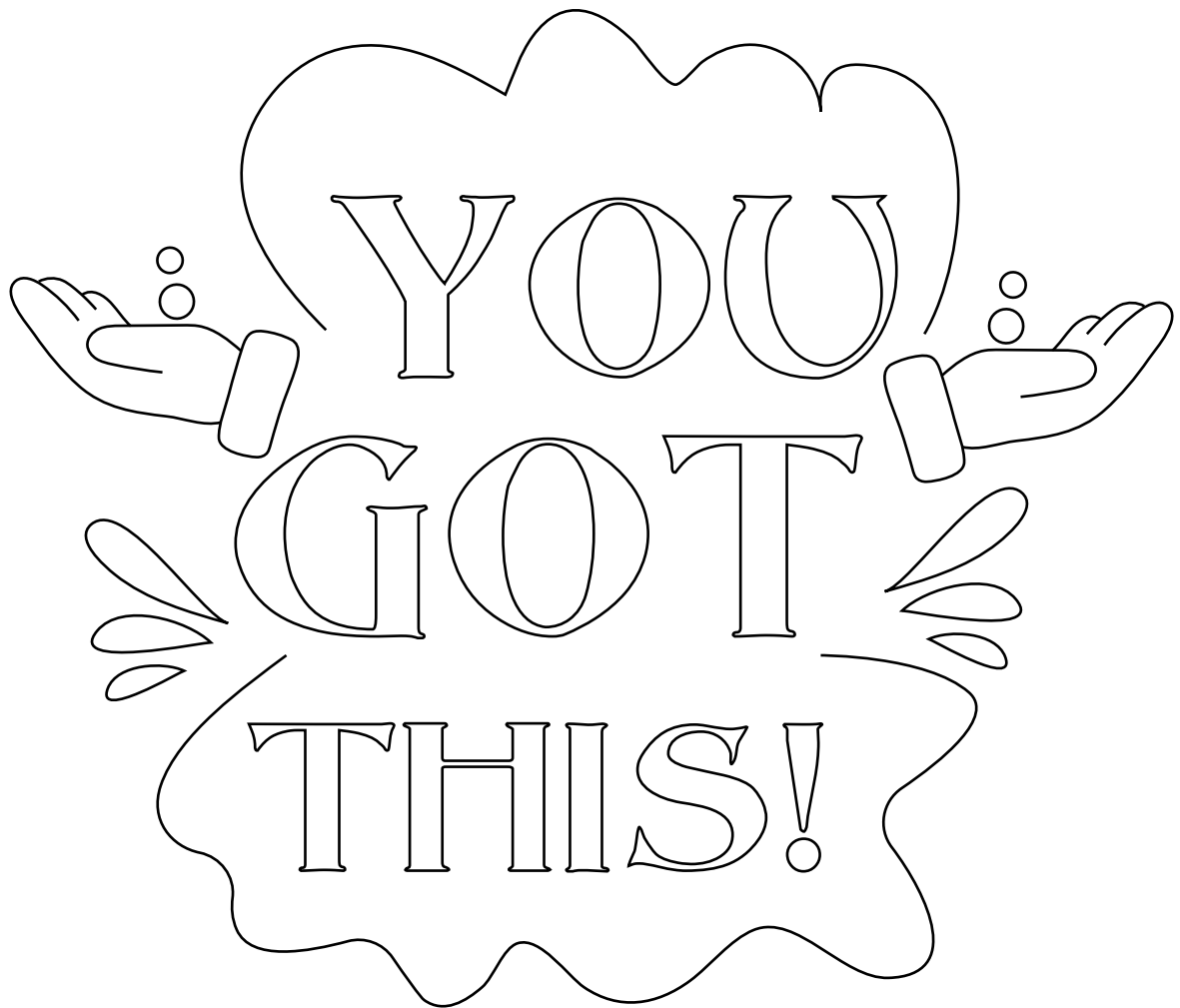
PROGRESS

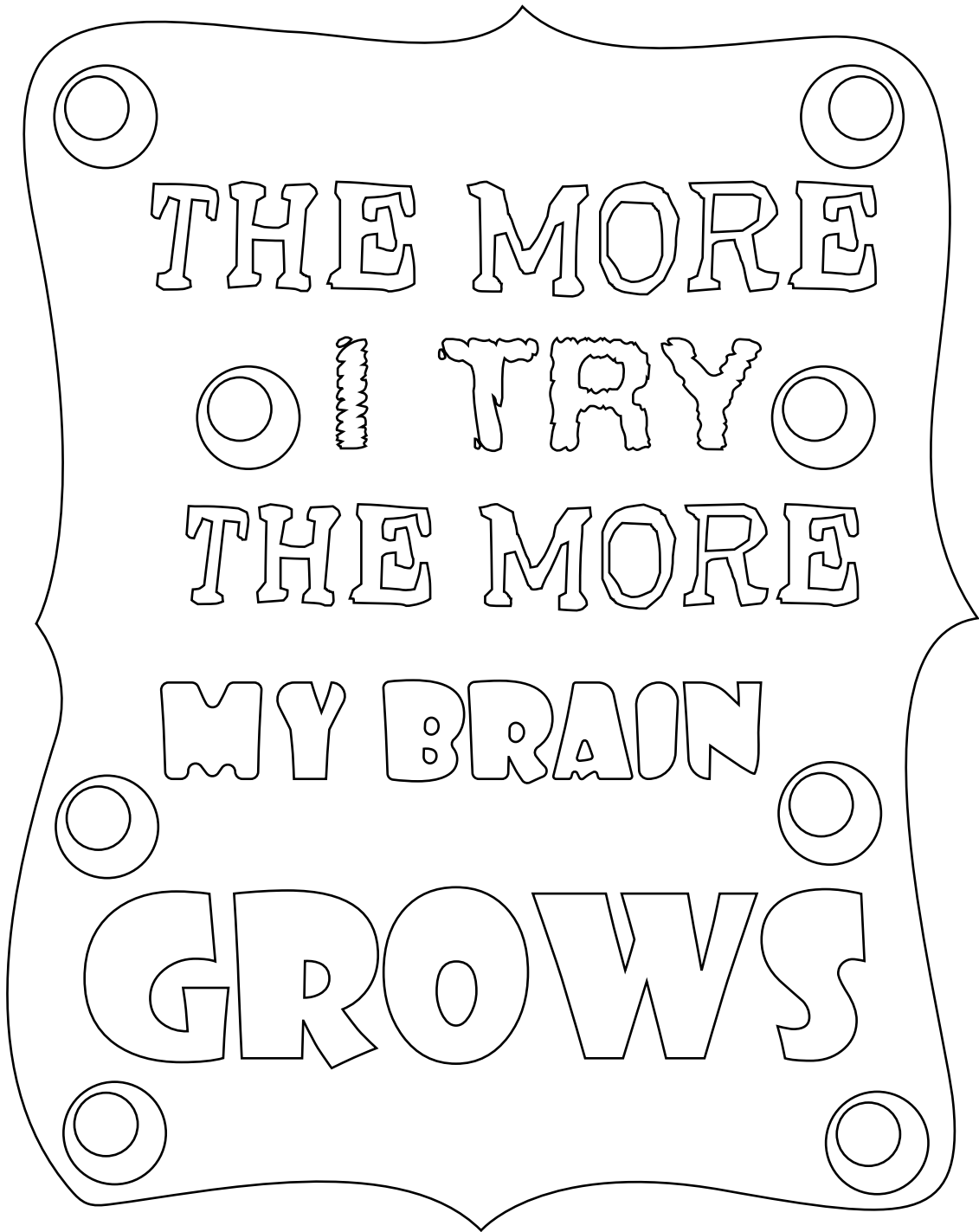




MISTAKES  
HELP  
ME LEARN







THE MORE

I TRY

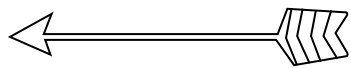
THE MORE

MY BRAIN

GROWS

SMART

IS SOMETHING



YOU

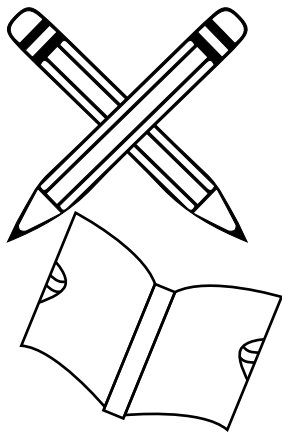
BECOME,

NOT SOMETHING

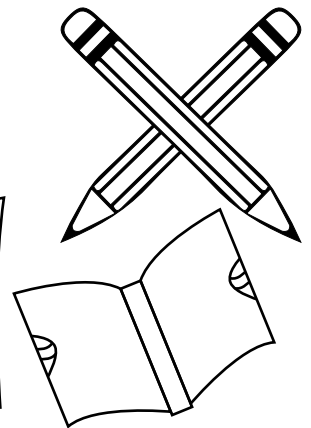
YOU ARE



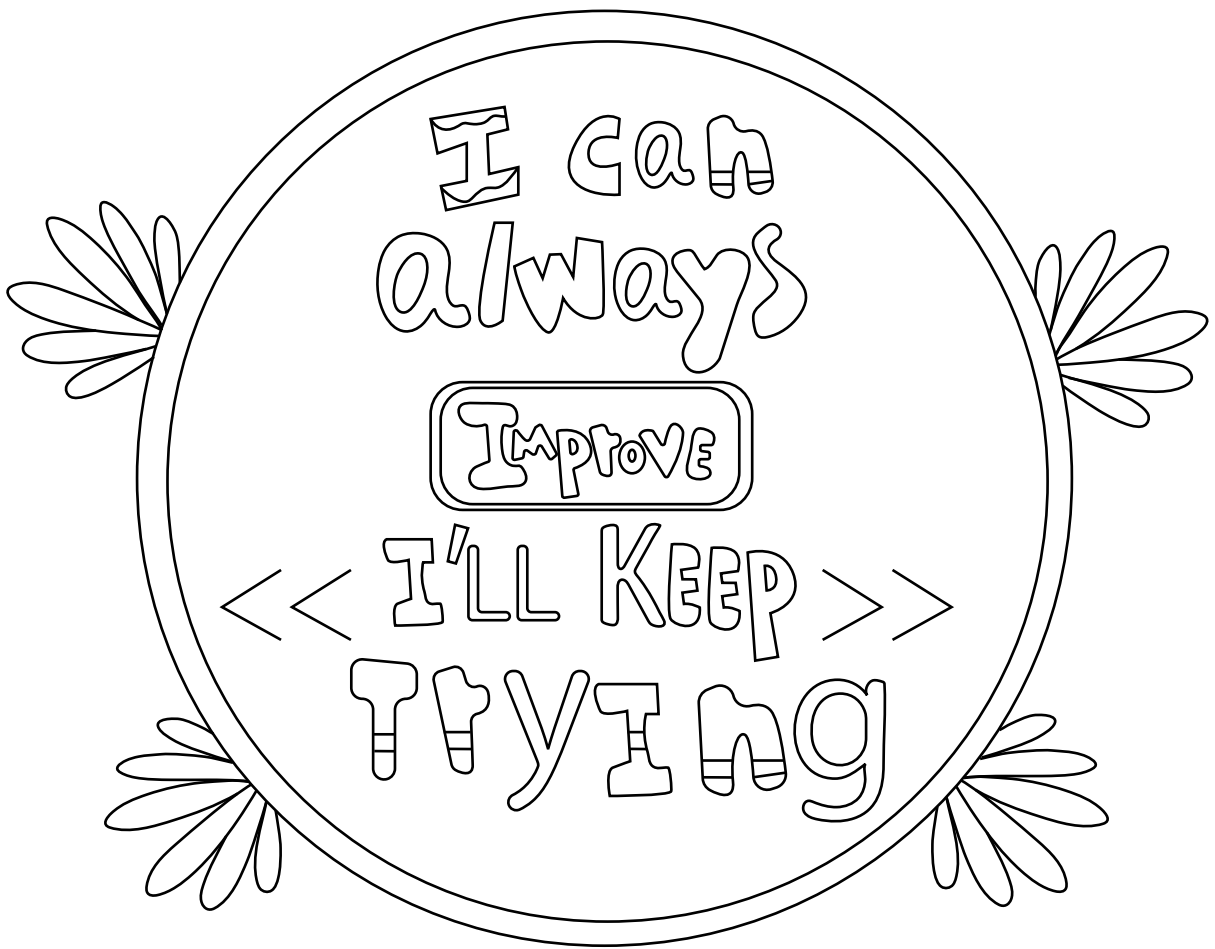
I WAS  
BORN



TO  
LEARN



I CAN'T  
DO IT YET  
BUT I'LL  
KEEP  
TRYING



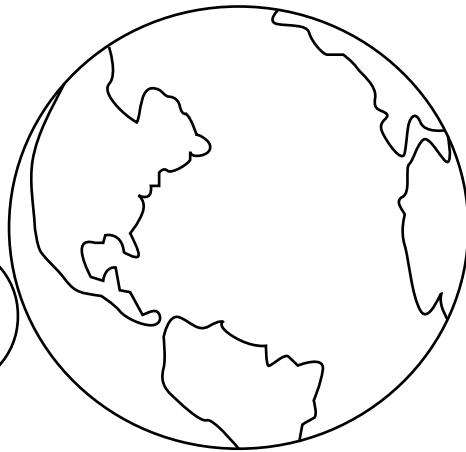
TODAY

IS A  
GREAT DAY  
TO

LEARN

SOMETHING NEW

IN A WORLD



WHERE YOU

CAN BE

anything,  
BE KIND

FALL  
DOWN

SEVEN TIMES

GET UP  
EIGHT

I CAN  
TRAIN MY  
BRAIN TO  
FIGURE  
IT OUT

IT'S OK TO  
NOT KNOW  
BUT ITS NOT OK TO  
NOT TRY



I CAN'T  
DO IT  
YET

BUT I'LL KEEP  
TRYING

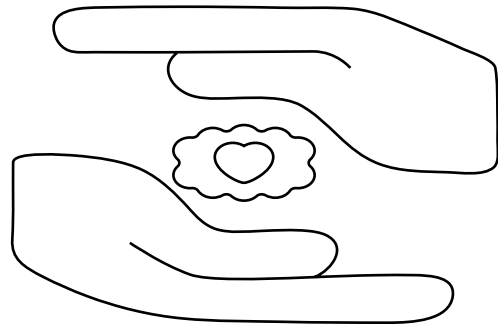
ALL THINGS ARE  
DIFFICULT  
BEFORE THEY ARE  
EASY ↗

I AM

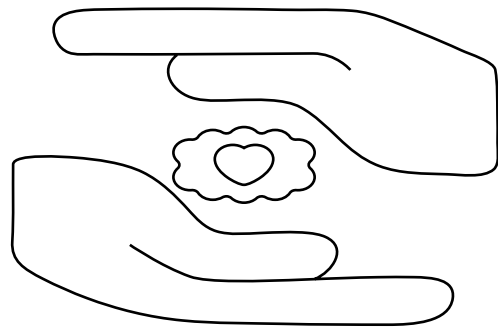
BRAVE

ENOUGH  
TO TRY

I CAN  
DO  
HARD  
Things



I Don't  
GIVE UP  
Until I'm  
PROUD



MISTAKES  
ARE PROOF  
THAT YOU ARE  
TRYING

# 20 MINDFULNESS COLORING ACTIVITY FOR KIDS

Hello   
Mindfulness