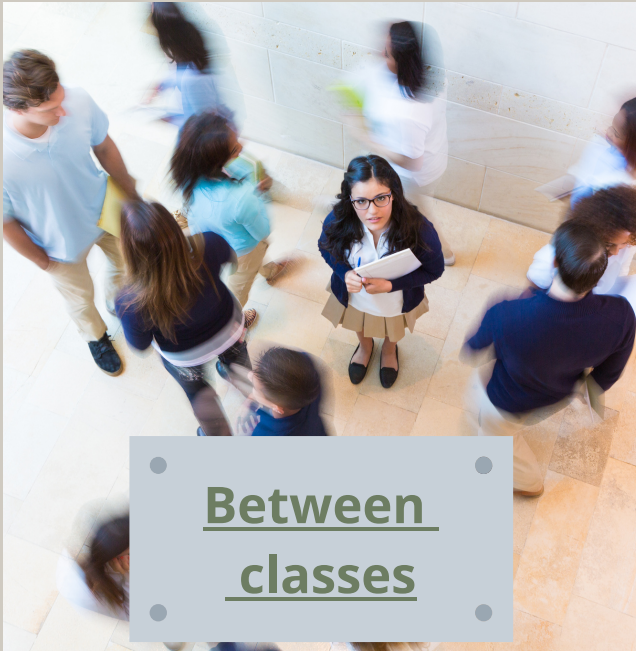




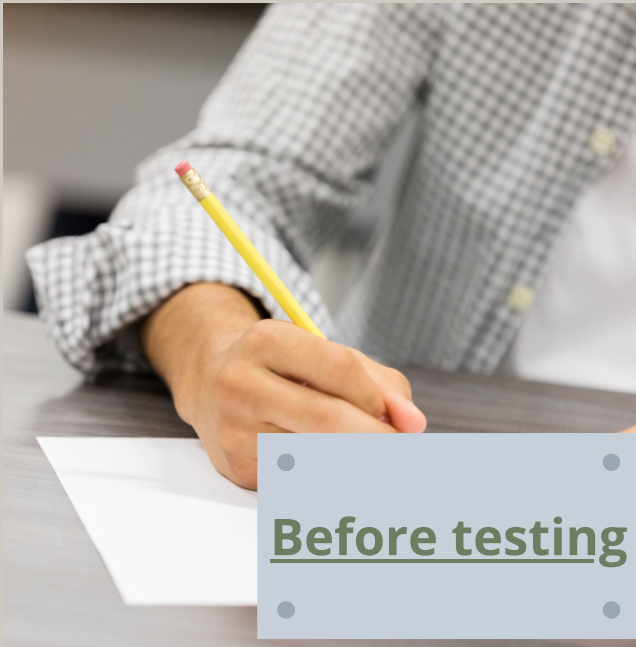
Mindful
minute



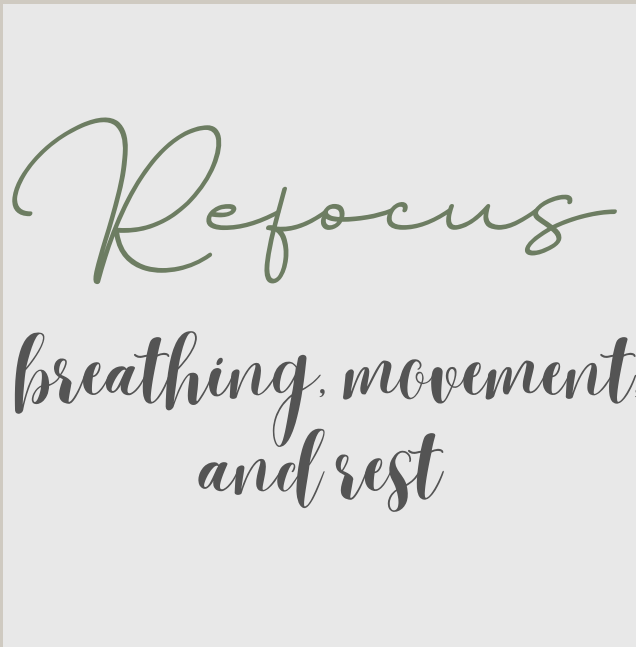
Between
classes



Re-energize



Before testing



Refocus
breathing, movement,
and rest



Afternoon
slump



Reflection



Balance



Guided Rest