

Being Mindful



Be in the Present

Mindfulness

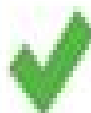
Being Mindful



Be in the Present

Learning Objective: To explore the practice of mindfulness.

I can understand
how the teenage
brain develops.



I can explore ways to
manage my
emotions.



I can practice
mindfulness as an
example of a healthy
coping strategy.



Mindfulness And Learning Mindfulness And Learning

Didier Musso



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