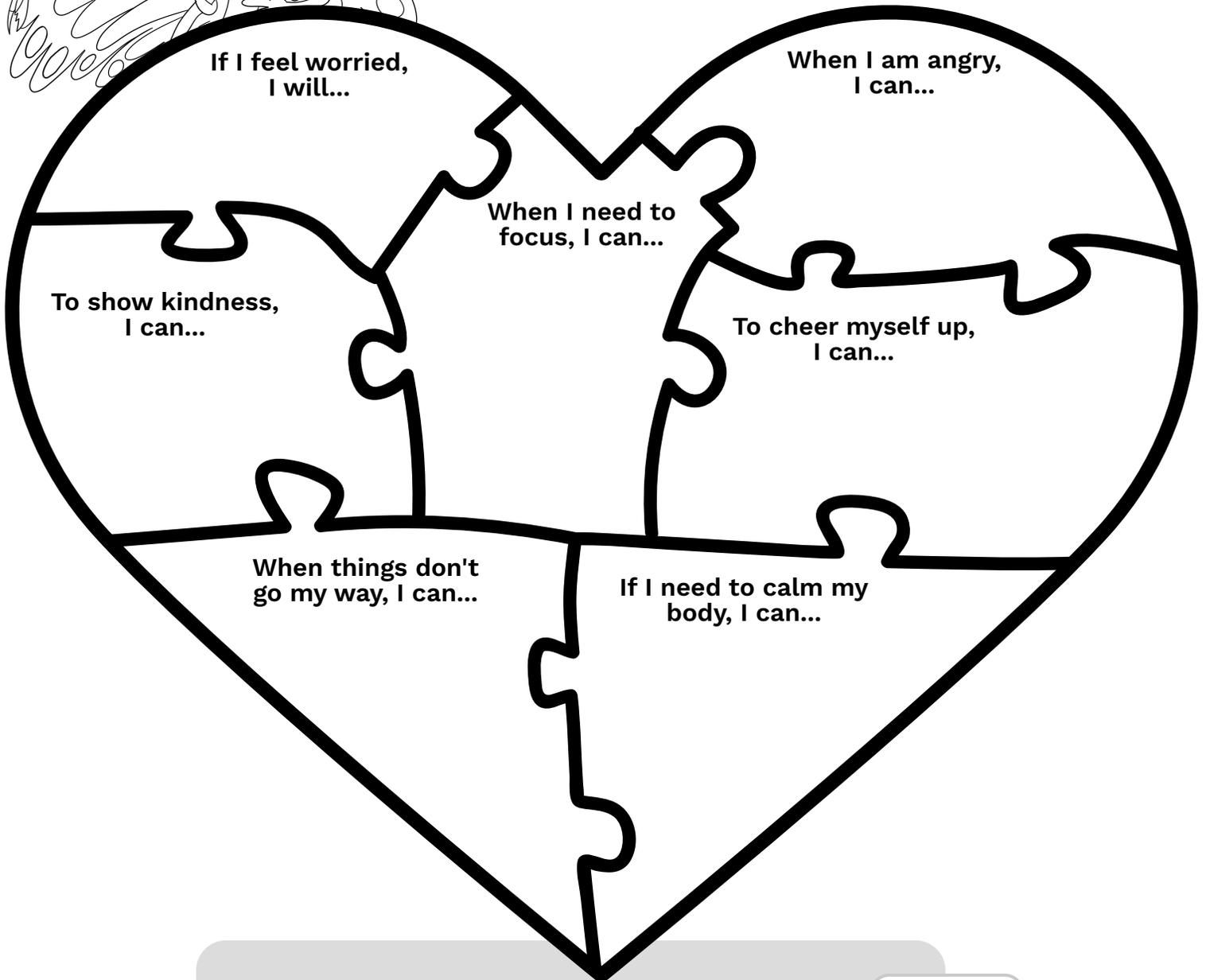


My Mindful Heart

Complete the "mindful heart map" by drawing or writing all of your favorite ways to regulate your emotions and make positive decisions.



FAMILY CONNECTION!

Ask your student to share their mindful heart map, so you both know the journey they can follow to make healthy decisions when they need support.

A summary of today's lesson!

