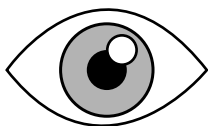


Name \_\_\_\_\_

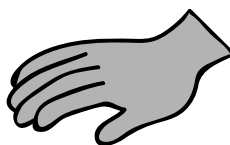
# Mindfulness 5-4-3-2-1



5 things you see

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4 things you can touch

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## PREVIEW

Please login or register to download  
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2 things you can smell

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1 thing you can taste

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