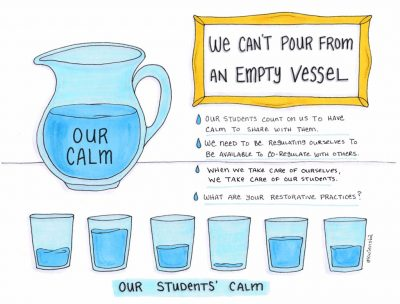
\*Our students count on you to share your calm with them

\* We need to regulate ourselves so we can co-regulate our students

\*When we take care of ourselves, we take care of our students

  
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**You will find on page:** **Sounds**

**Visuals**

**Games & Puzzles**

**Create**

**Mediation The Free Mindful Project**