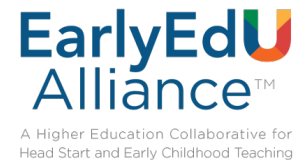
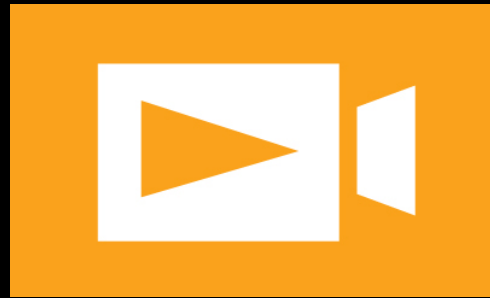


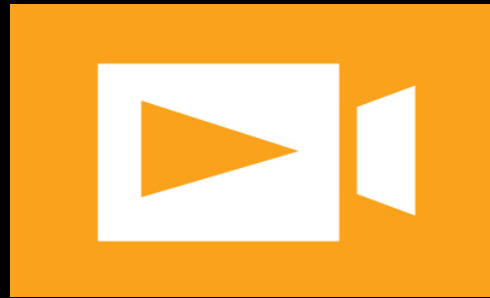
Mindfulness: A Resilience Practice

Video Instructions: Mindfulness Practices

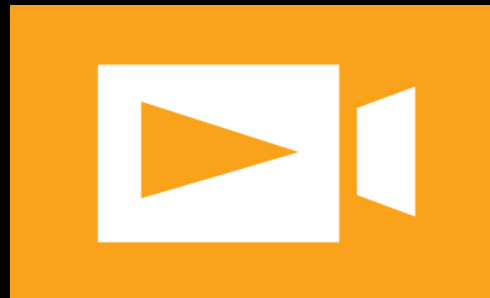




VIDEO: Mindful STOP



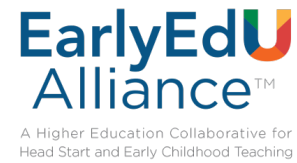
VIDEO: Mindful Daily Routines



VIDEO: Mindful Breathing



VIDEO: Find Yourself and Return



This document was prepared under Grant #90HC0002 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, by the National Center on Quality Teaching and Learning.

