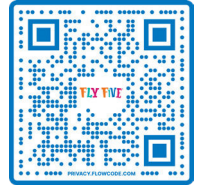


Meditation Reflection!

Name: _____

Listen to it here:



Directions: Imagine you are in a disagreement with someone on the playground, a local park, or a place you hang out with your friends. What are three steps you can take to resolve your differences quickly? This activity pairs with the mindfulness meditation *I Can Problem Solve Too!*

• Step 1 _____

• Step 2 _____

• Step 3 _____

