

Stillness practice

Print, cut on the lines, and hand one to every seat. Four cards to a page.

TWO-MINUTE PRACTICE

Stillness before strategy

1. Feet flat. Both hands open on your knees.
2. Breathe in four, hold four, out six. Six rounds.
3. Say one thing you're grateful for. Out loud is better.
4. Say one thing you're handing over. Then let it sit.
5. Open your eyes before you decide anything.

Gratitude is my attitude.

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