

# Mindfulness for Kids.... Created by Kids.™



## My Story: My Rules!

Click here for the Bad Dreams Video:  
<https://youtube.be/otRFWa08-fE>

In my dreams a scary monster tried to eat me! But I knew 'My Dreams, My Rules', so I went up to the monster and.....

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Story Written by: \_\_\_\_\_

Age / Class: \_\_\_\_\_

Collaborators: \_\_\_\_\_