

Mindfulness for Kids....

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My Story: My Rules

To watch the video on Bored in Class,

Click here: <https://www.youtube.com/watch?v=PFagQCNhGPg>

For some reason I just couldn't stop chattery, chattering in class. I knew the teacher was getting annoyed but I was BORED! So I started talking to my neighbour, when suddenly....

How do you think it makes other people in class feel when you keep talking?

Story Written by: _____

Age / Class: _____

Collaborators: _____