

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



My Story: My Rules!

Click here for the Too Excited Video:
<https://youtube.be/cuLDs8gg0SY>

I was just so excited to see my friends after the weekend. The teacher said I had more energy than a Tasmanian Devil & she kept telling me to calm down but I couldn't! Instead I.....

Story Written by: _____

Age / Class: _____

Collaborators: _____