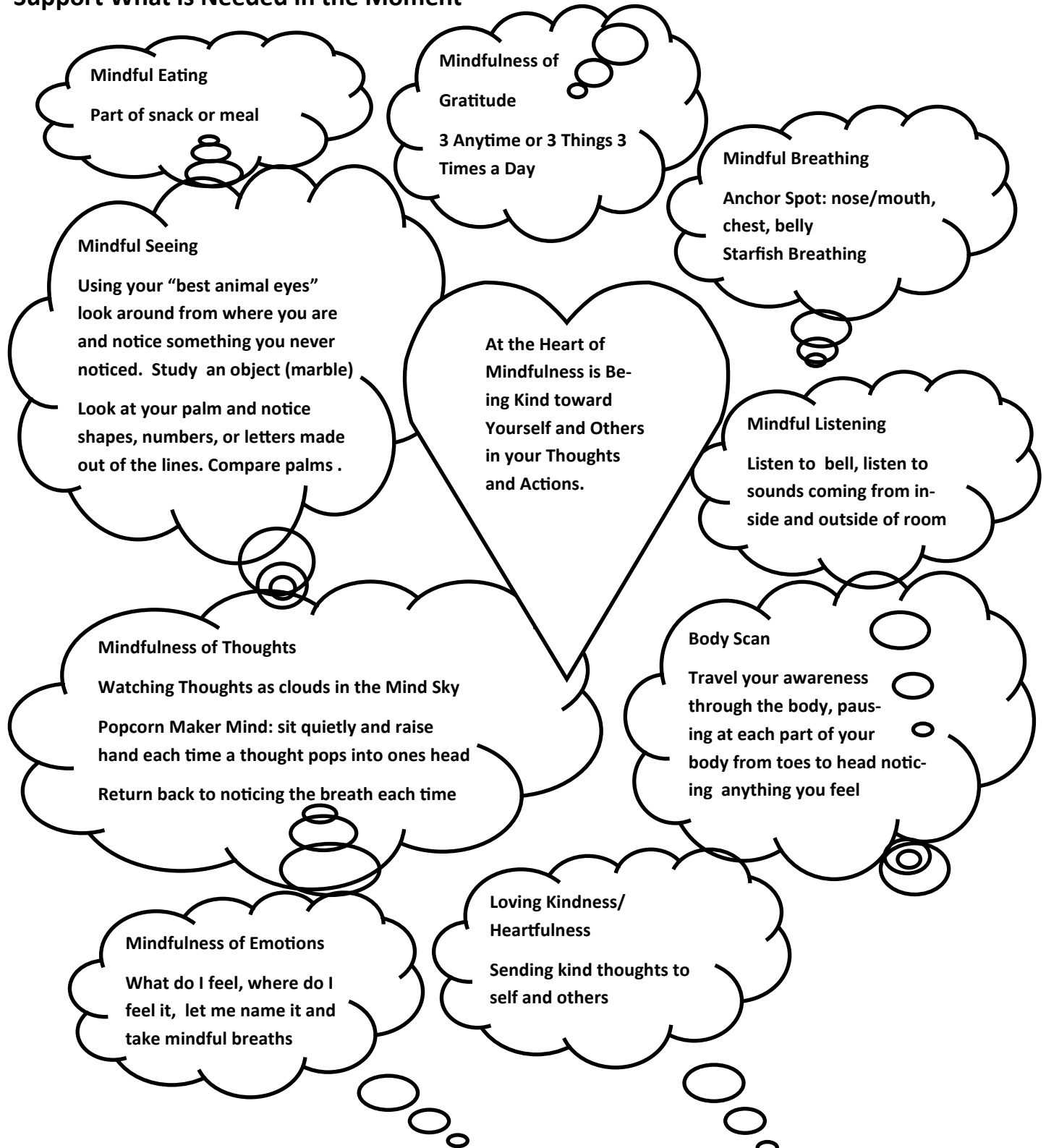


Mindfulness for You and Your Students: A Graphic One Sheet to Help Choose a Practice to Support What is Needed in the Moment



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