

These free sample pages and mediation is from the complete Mindful Classroom Packet at Your Therapy Source.

**The Mindful Classroom:  
Songs and Reflections  
for Students**

*No Prep,  
Just Hit  
Play*

Engaged Alert  
Learn Clarity  
Aware Attend

Clear Focus,  
Calm Mind

5 Video Links - 5 MP3 Songs - 20 Worksheets

**Calm hearts. Clear minds. Take a moment to reflect and refocus.**

**Your  
THERAPY  
Source**

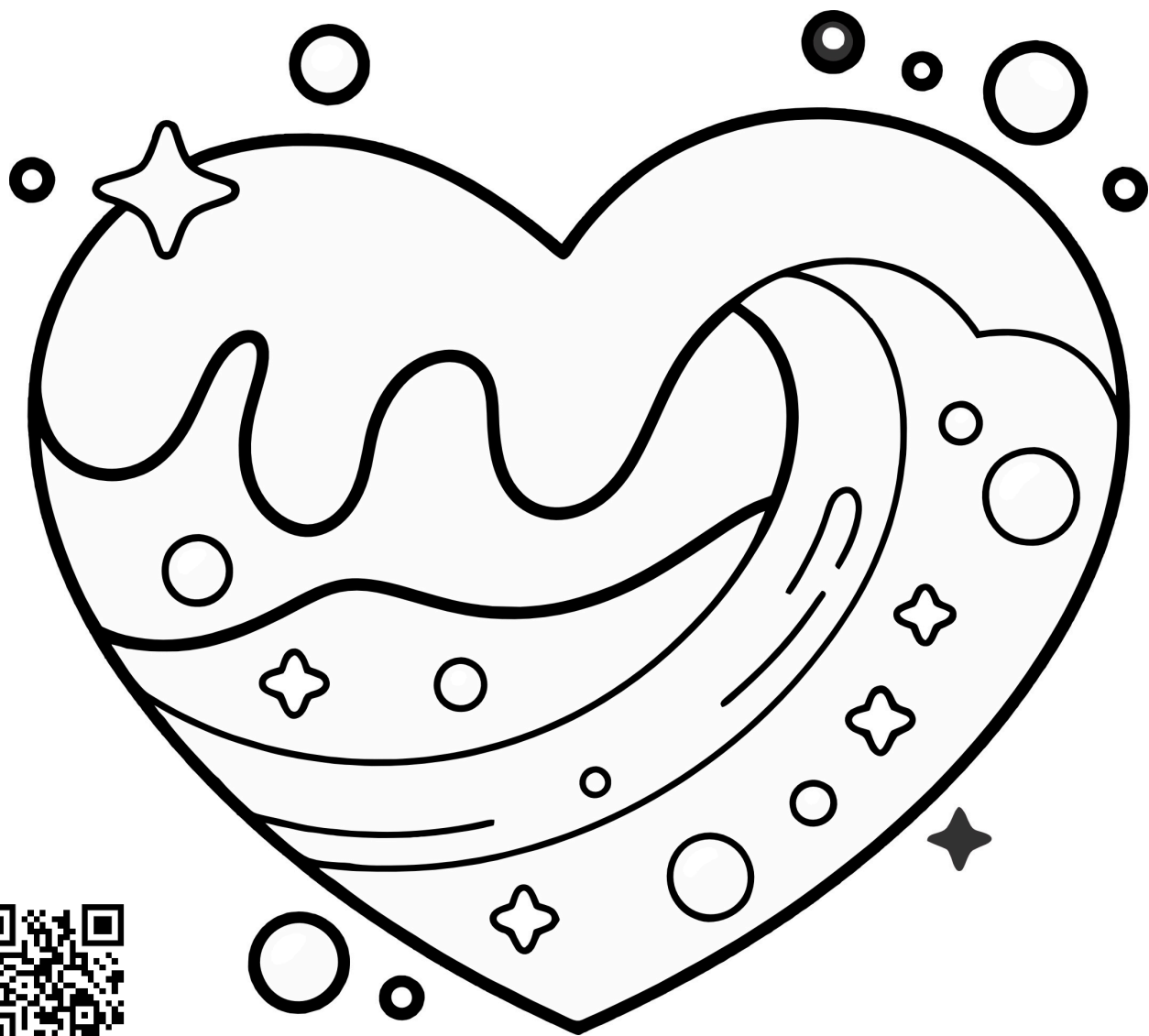
**Calm and Peaceful**

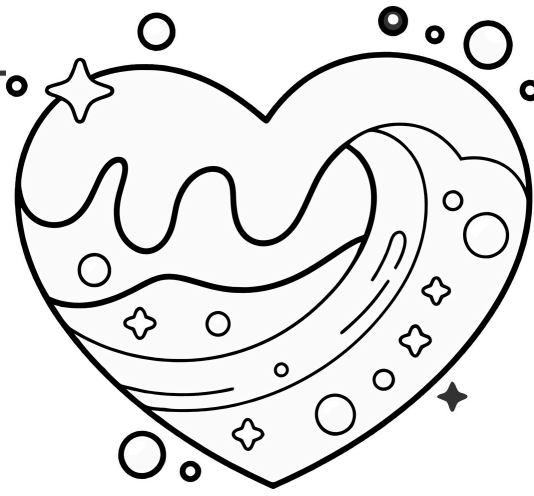
Video  
MP3 File

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# Calm and Peaceful





Calm

Peace

Kindness

Love

Joy

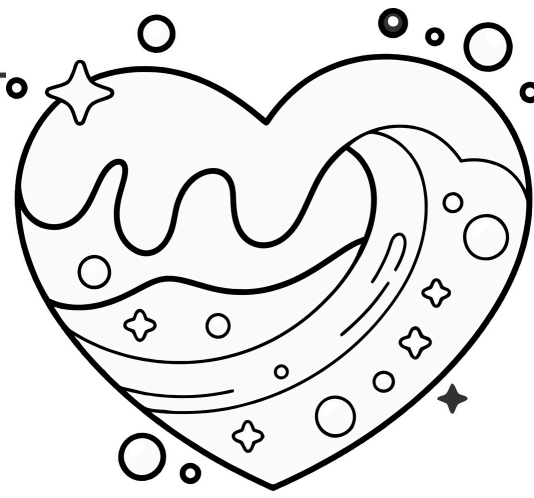
Breathe

Release

Safe

Gentle





**To me, calm and peace feel like...**