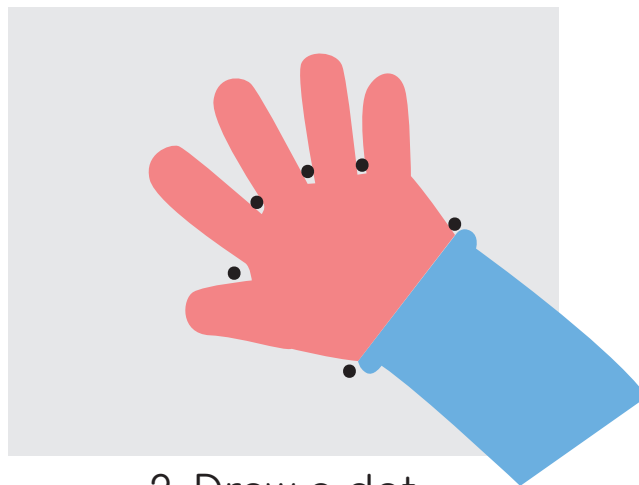


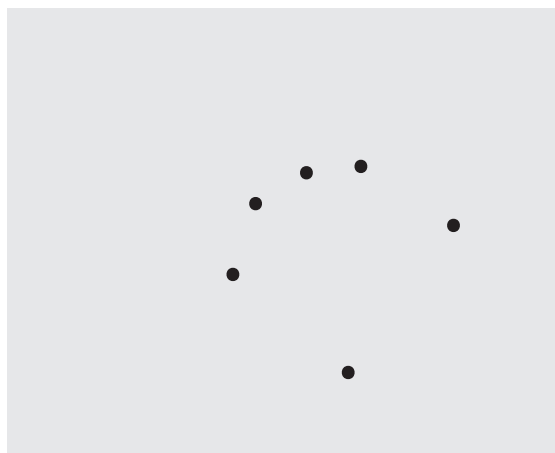
How to Create Your Own Thought and Emotional Bubbles



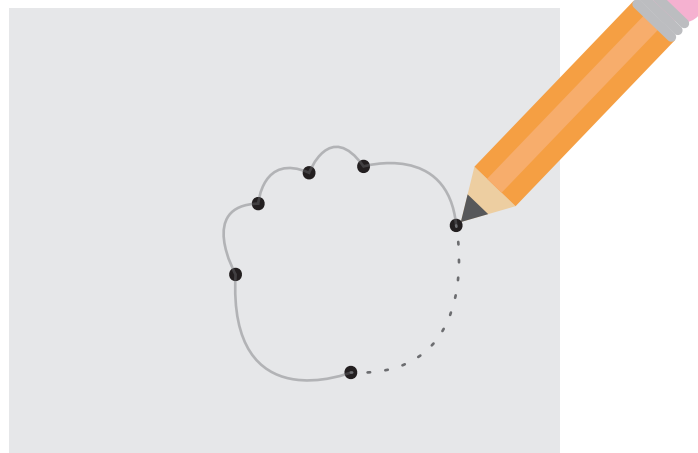
1. Put your hand on a piece of paper.



2. Draw a dot between each of your fingers and both sides of your wrist.



3. Remove hand to see your dots!



4. Connect the dots with curvy lines to create a cloud-like thought bubble!



5. Go crazy and design!

Happy drawing and thank you from your friends at

**The
Mindful
Project**