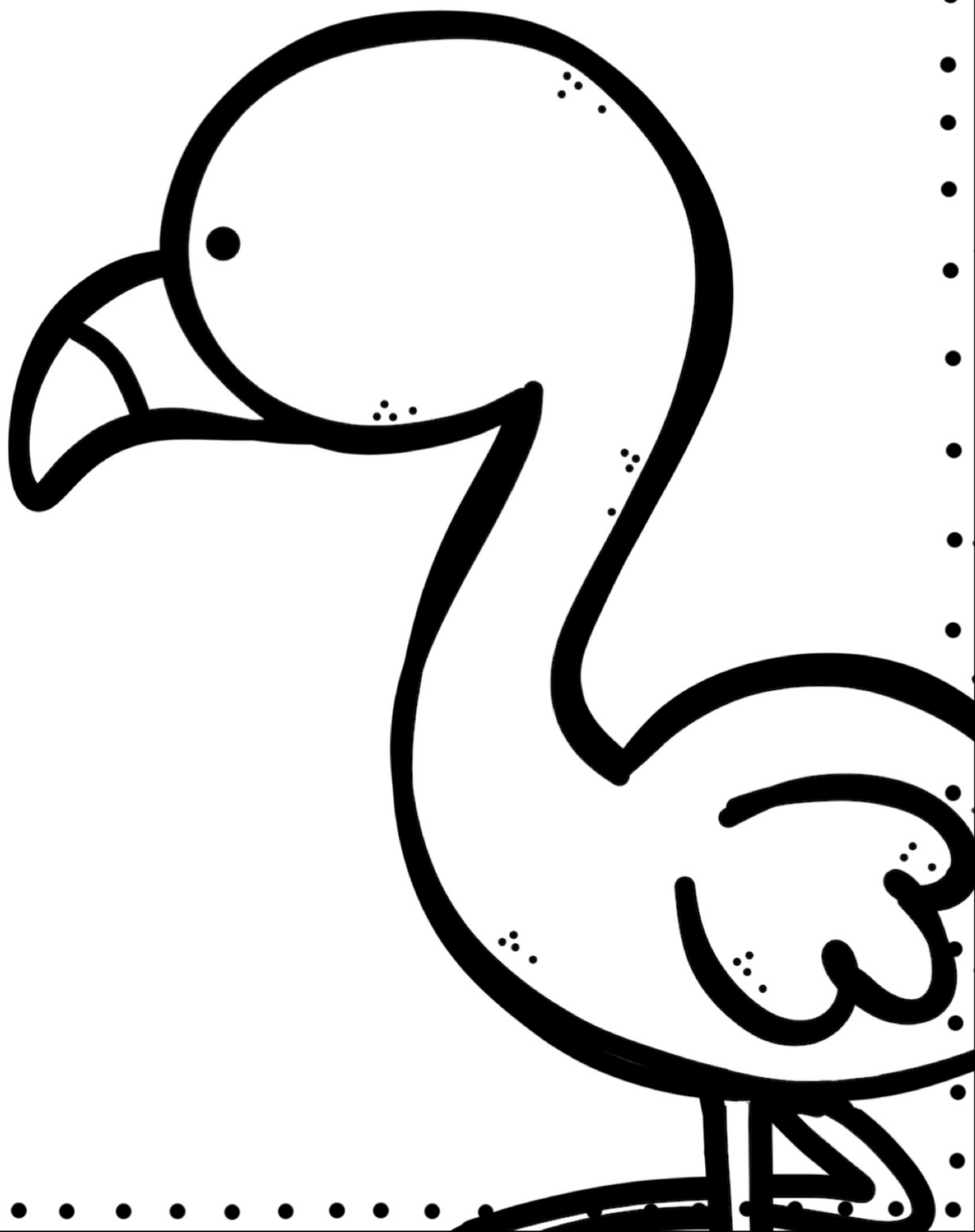
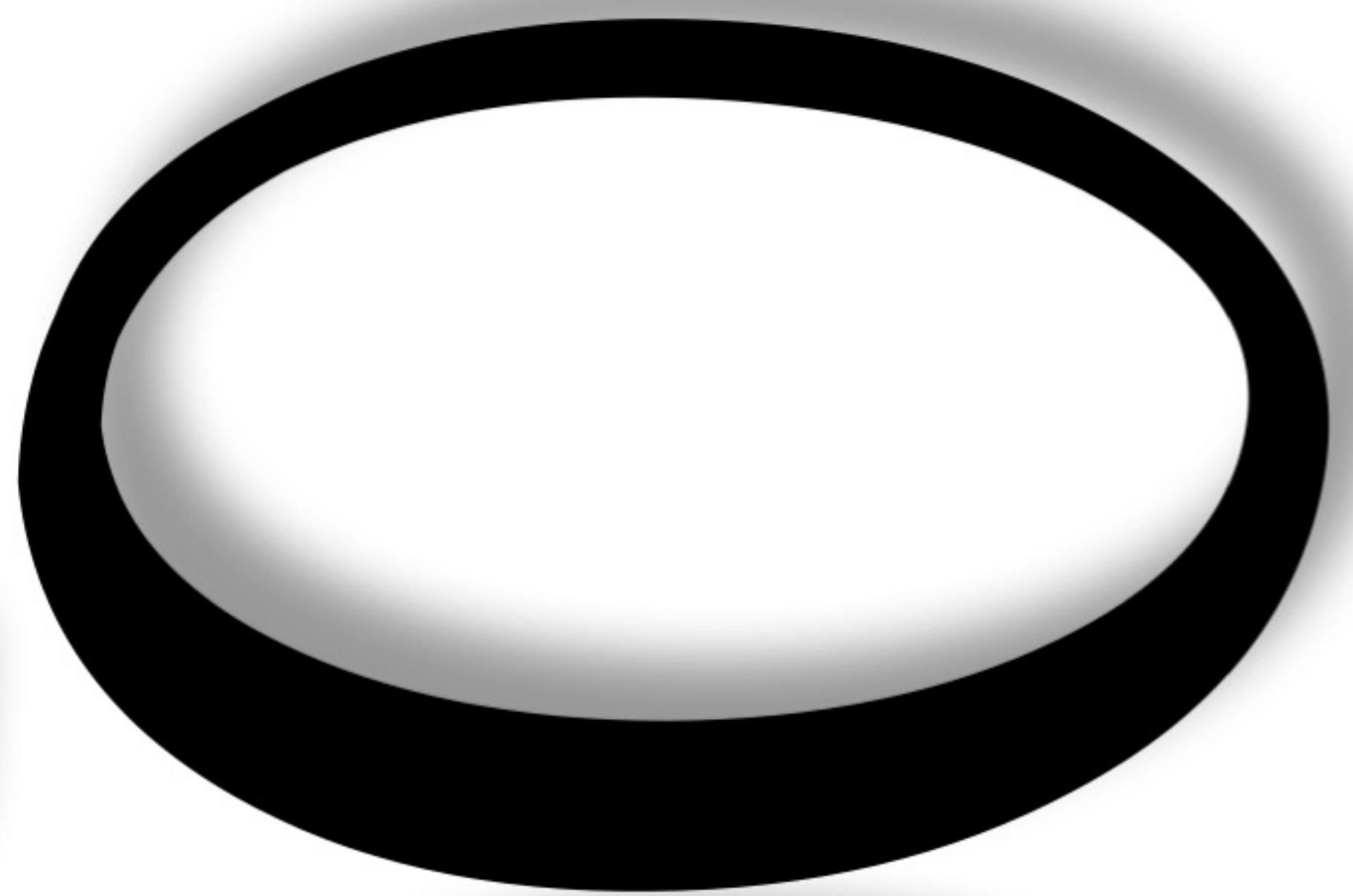


# ZEN ZOO

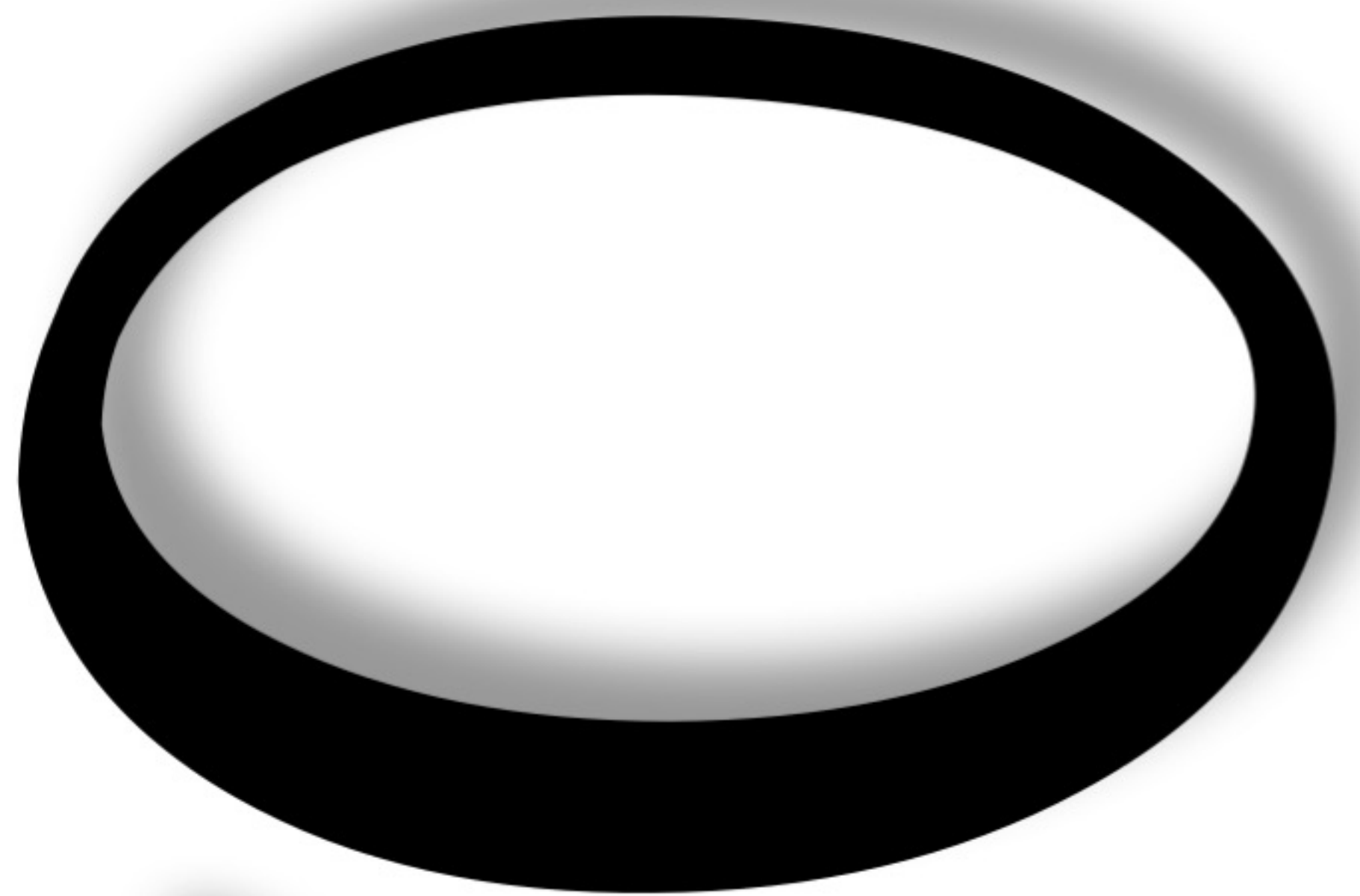
for mini mindful moments



NO



FE



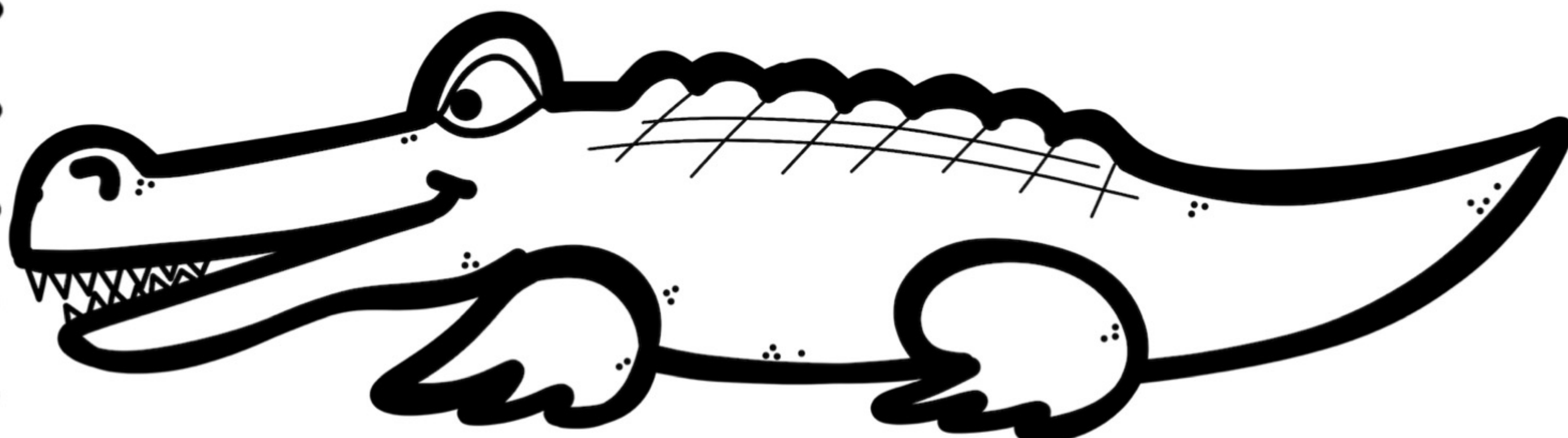
W





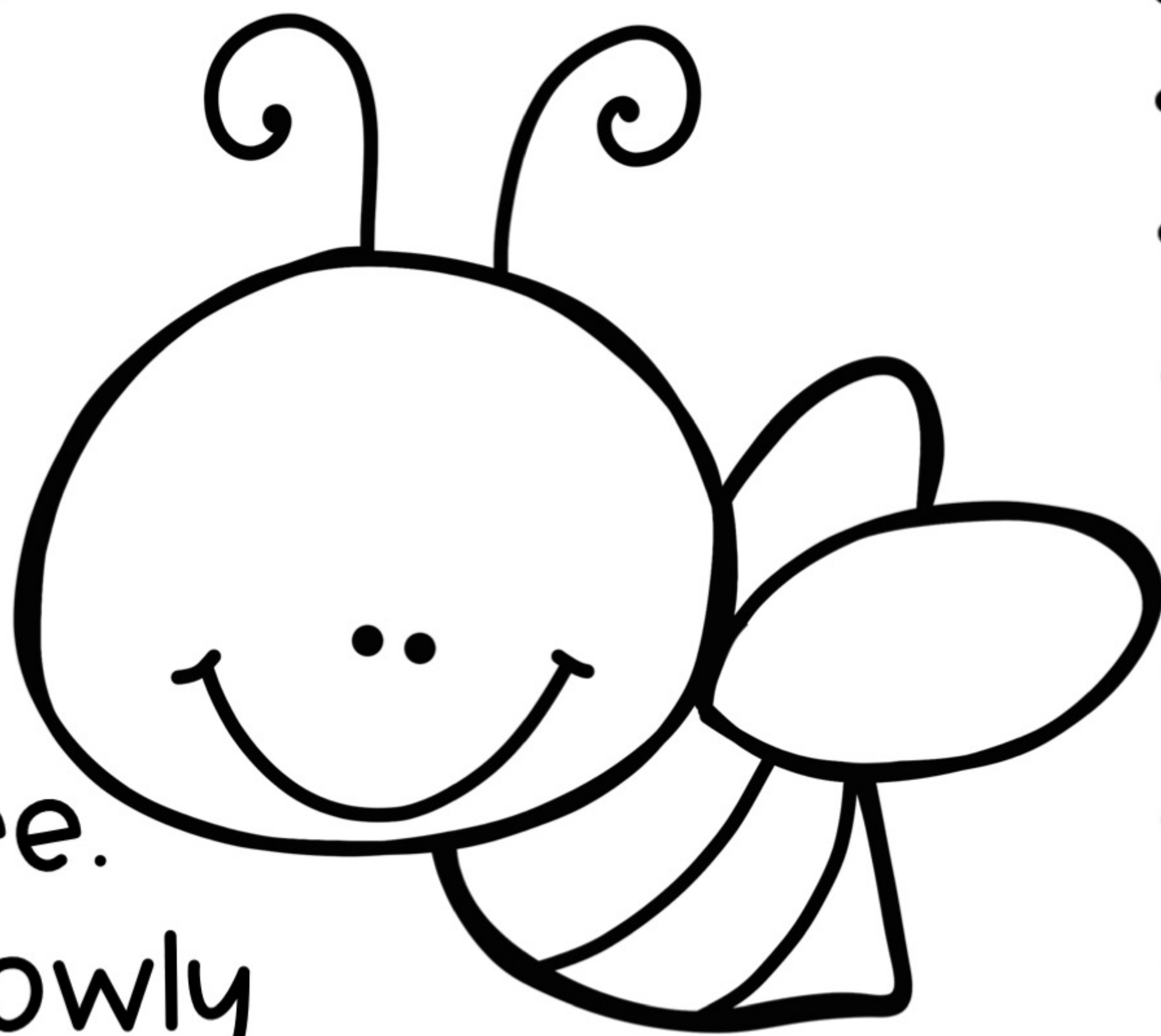
# ATTENTIVE ALLIGATOR

Chomp chomp chomp  
goes the gator.  
Getting focused has  
no feeling greater!  
He turns his attention  
inside his mind  
to help his body  
focus and unwind!





# BUZZING BEE



- Buzz buzz
- goes the bee.
- Breathing slowly
- helps her feel free!
- She breathes in deeply nice
- and slow. Then lets out a long
- buzzzzzz with a friendly blow.



# CROUCHING CAT

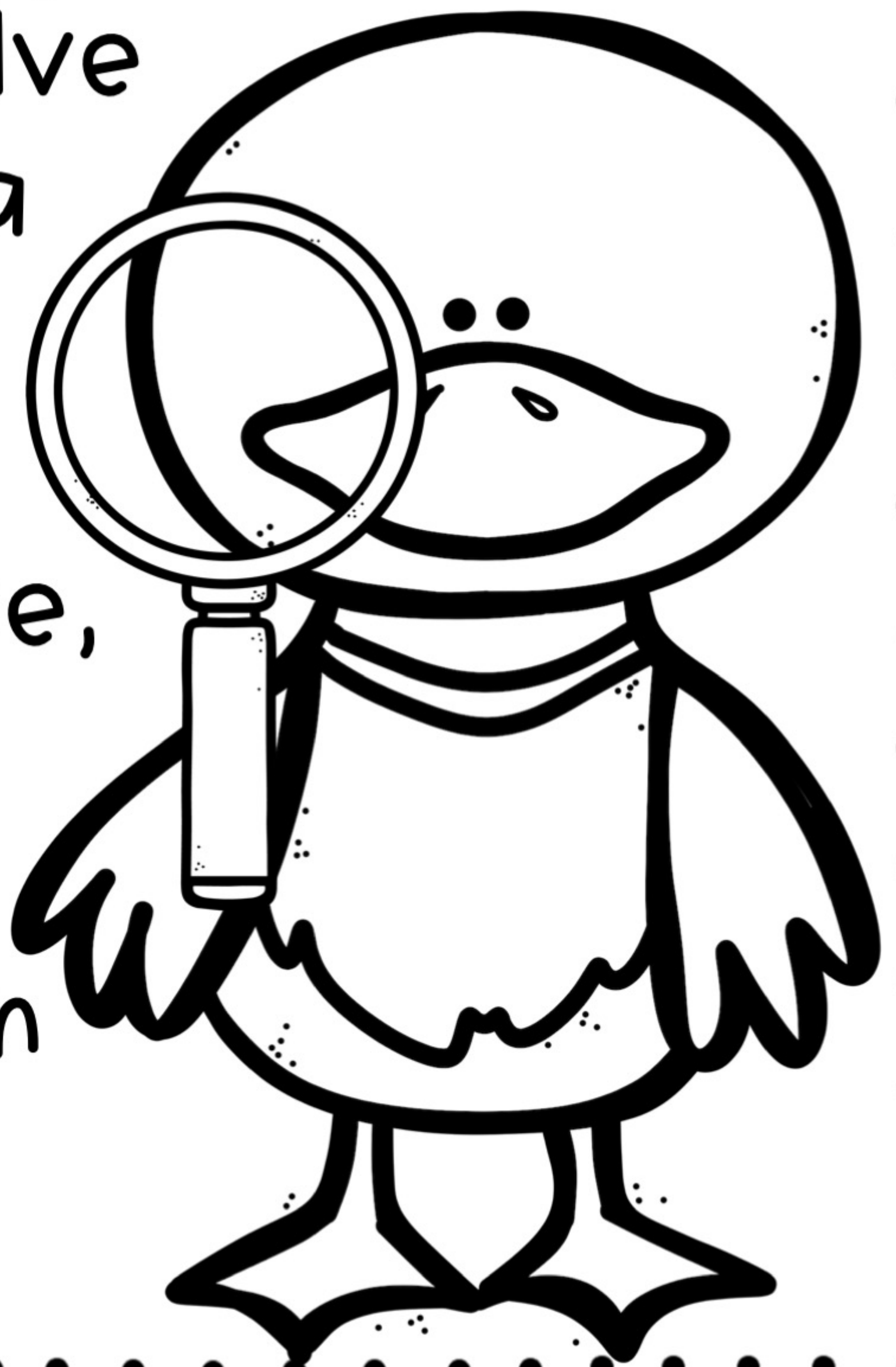
- The cat crouches nice and
- low. He arches his back
- breathing in a flow. He listens
- to his muscles and his mind,
- looking for calmness he's
- sure to find!





# DETECTIVE DUCK

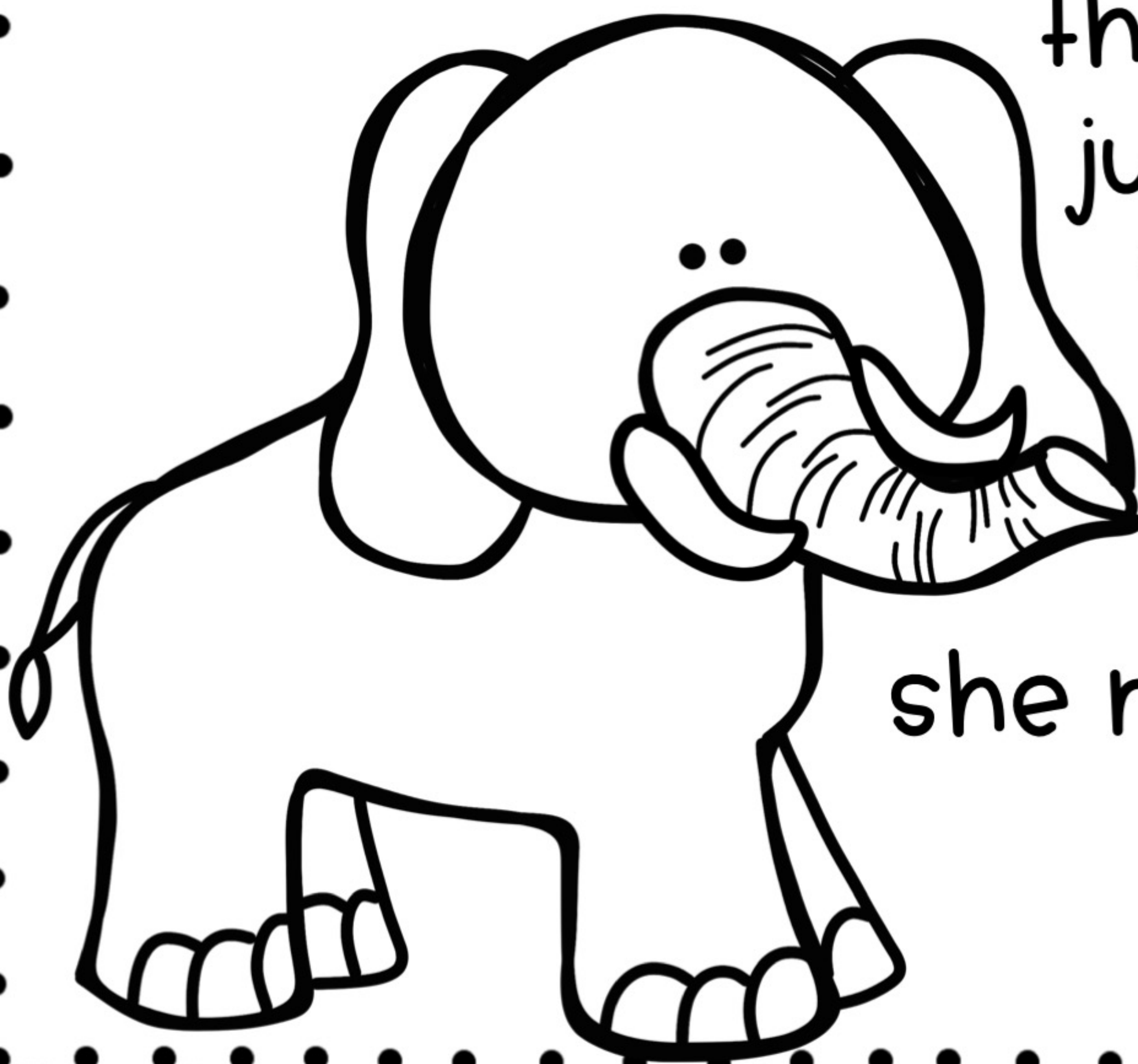
Quack quack says Detective Duck. He can solve problems with a little luck. When he is upset or feels very tense, Detective Duck looks for clues with his emotion sense.





# ENGAGED ELEPHANT

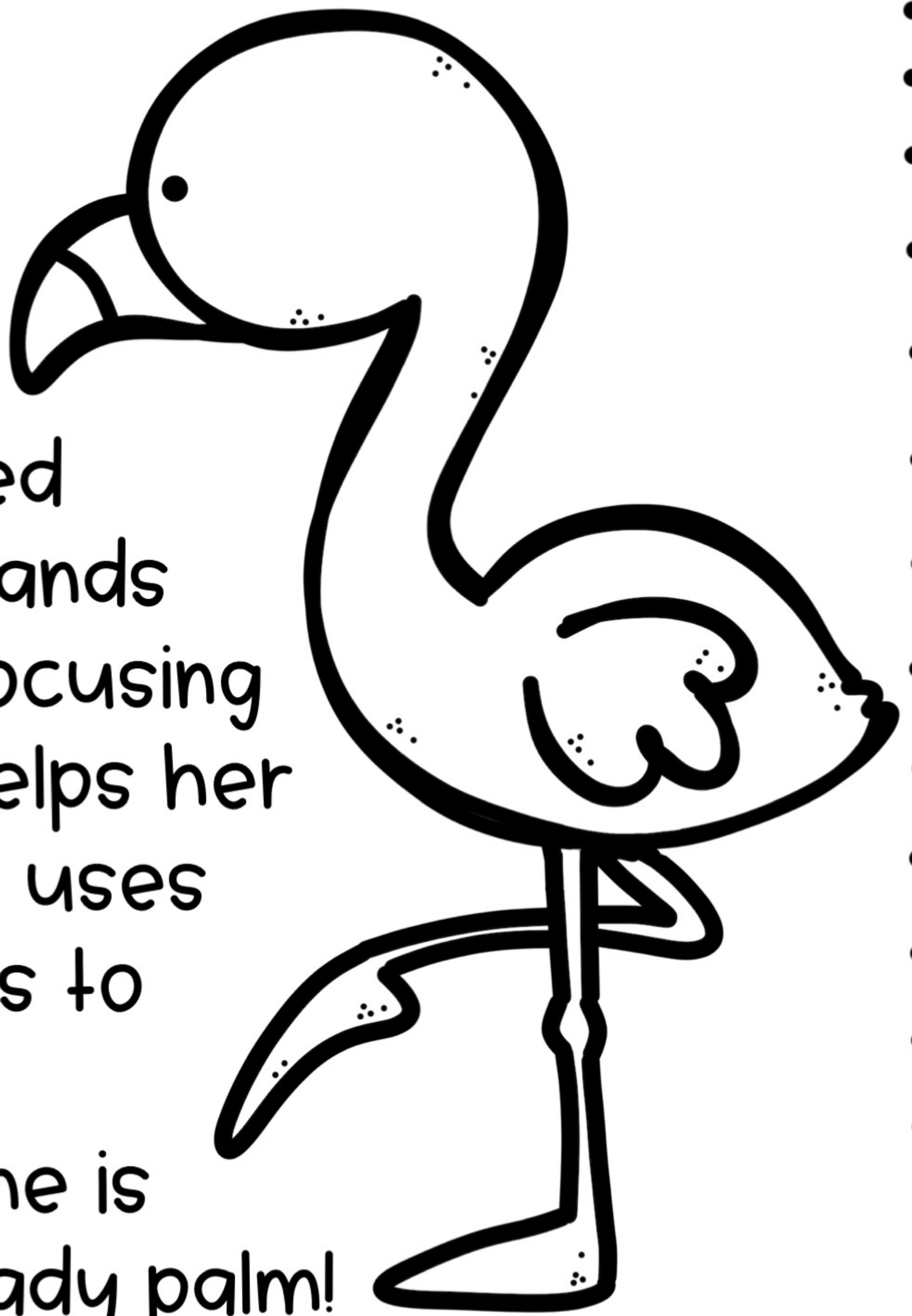
- The engaged elephant does one
- thing at a time. She pushes away
- other thoughts and lets her
- attention shine. She keeps her
- thoughts on
- just one task.
- When her
- mind
- wanders,
- she reels it back!





# FOCUSED FLAMINGO

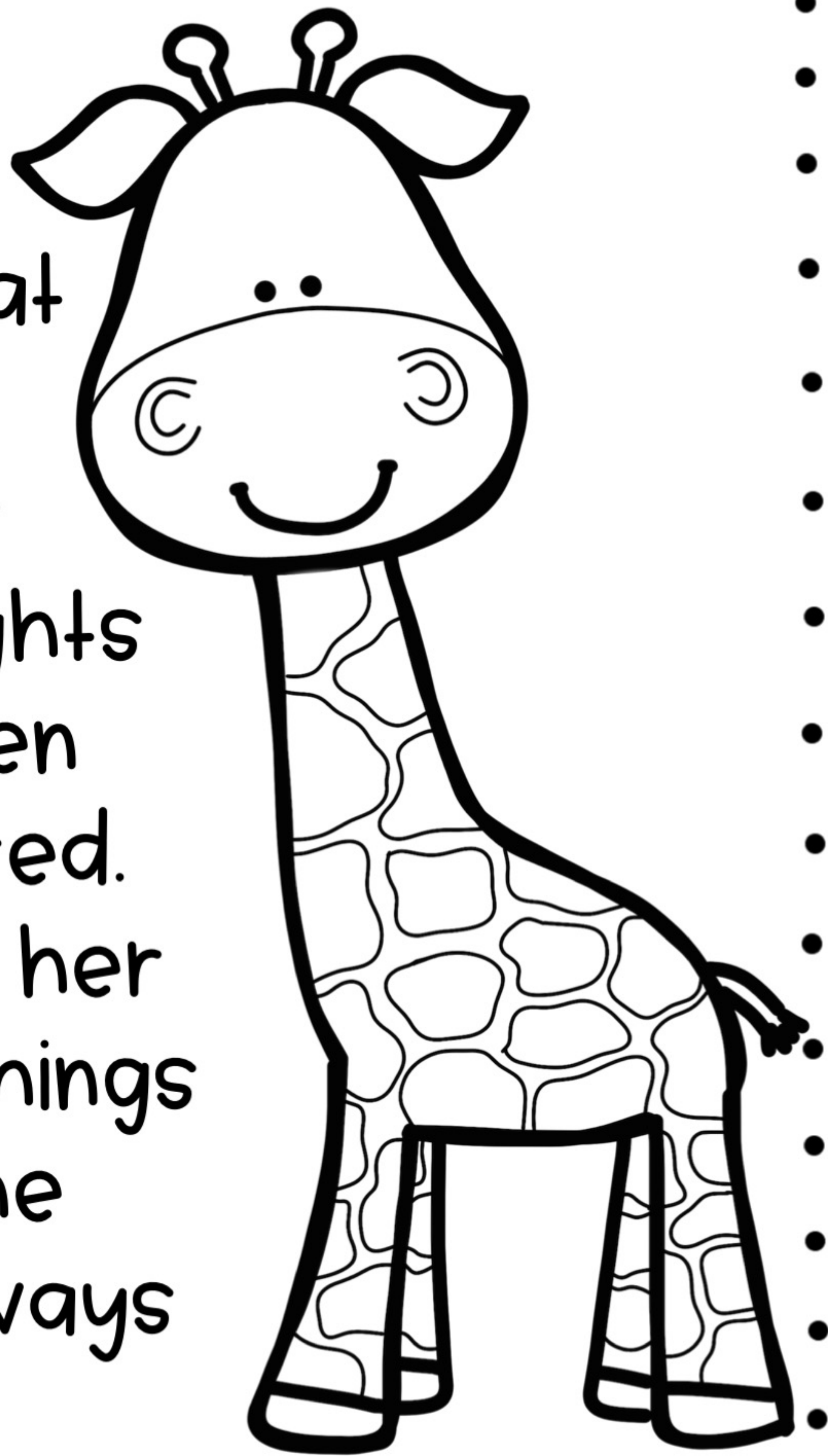
- The focused
- flamingo stands
- very still. Focusing
- her body helps her
- to chill. She uses
- her muscles to
- feel calm,
- imagining she is
- under a shady palm!





# JOURNALING GIRAFFE

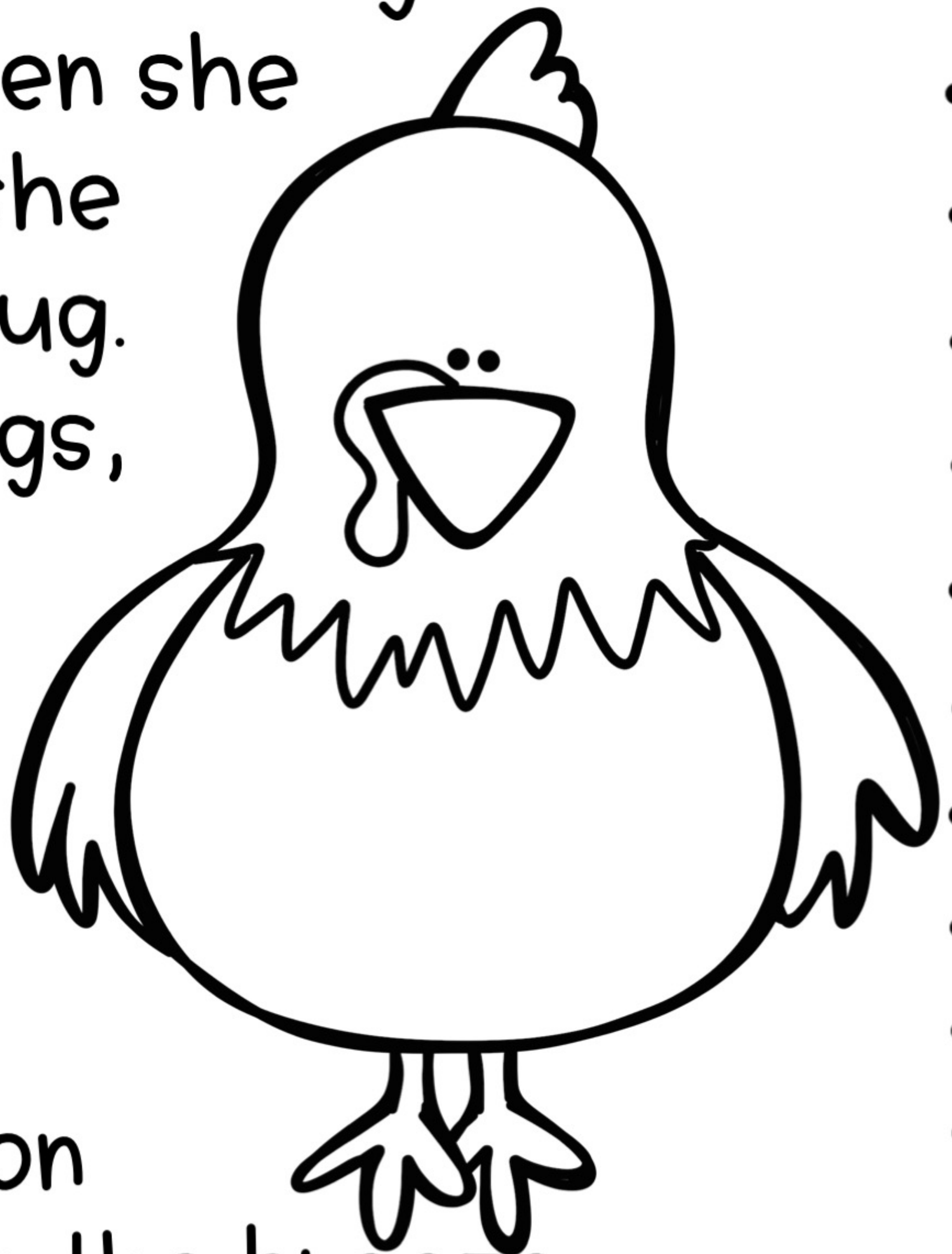
• Writing and  
• drawing are what  
• this giraffe likes  
• best. She writes  
• about her thoughts  
• and feelings when  
• she feels stressed.  
• Journaling helps her  
• deal with hard things  
• and she loves the  
• peace that it always  
• brings.





# HUGGING HEN

- This friendly hen really loves a
- good hug. When she
- feels tense, she
- needs to unplug.
- Using her wings,
- she wraps
- herself in a
- squeeze.
- She melts
- into the hug
- and her tension
- floats away in the breeze.





# INHAALING IGUANA

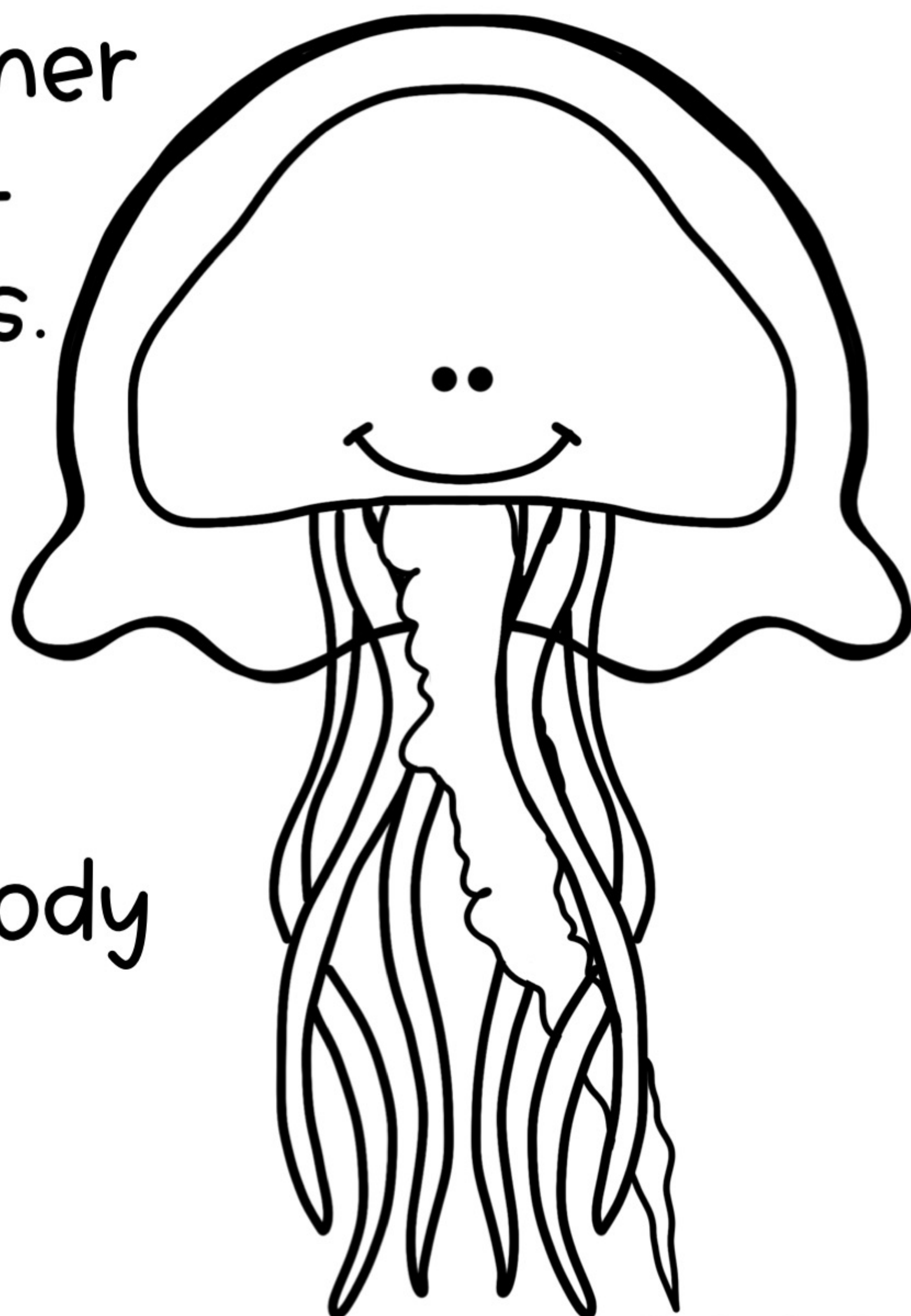
This iguana sits nice and still. He closes his eyes and gives his lungs a fill. He inhales through his nose, focusing on the air. He breathes out through his mouth letting go of his cares!





# JOYFUL JELLYFISH

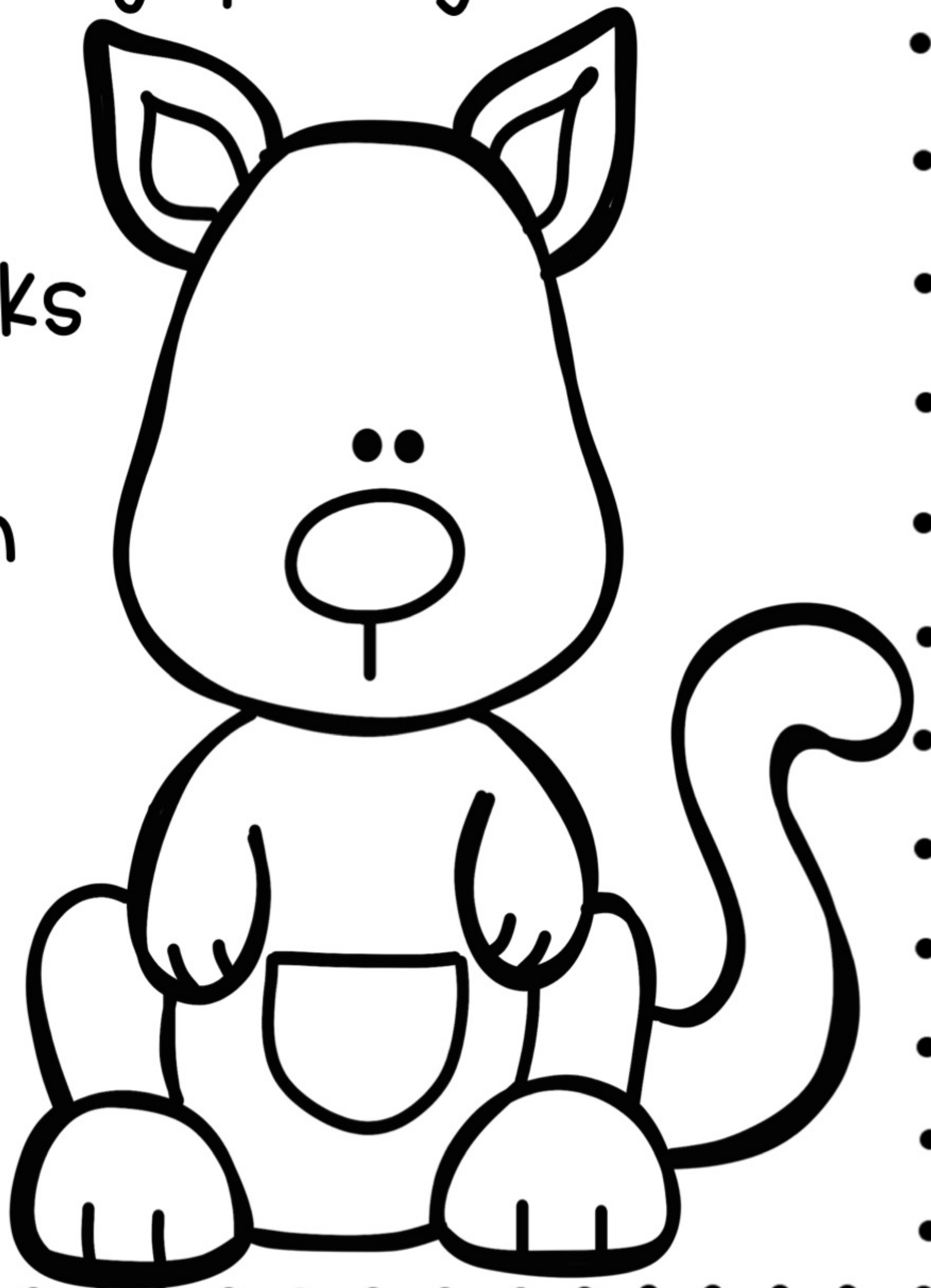
- This smiling jelly knows when to
- take a break. She moves in the
- ocean, letting her
- tentacles float
- like snowflakes.
- As she swims
- through the
- ocean, she
- feels joy flow
- through her body
- with a calming
- motion!





# KIND FLOW KANGAROO

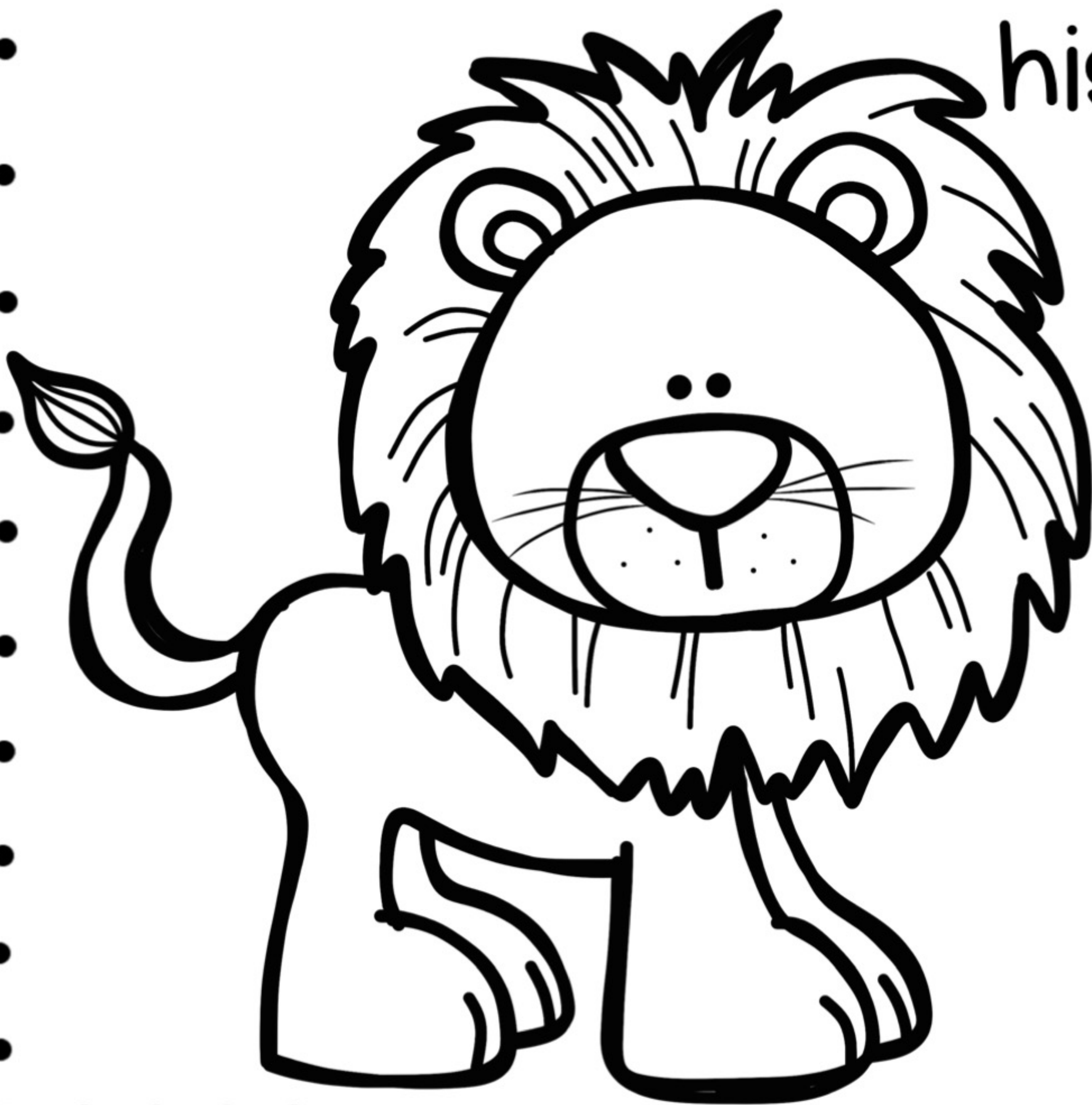
Hop, hop, hop goes the kangaroo, moving quickly through the zoo. As she hops, she thinks of kindness. It flows through her body and gives her mind a serving of brightness!





# LISTENING LION

Shaking his mane from side to side, the listening lion tunes his ears to the outside. He closes his eyes and pays attention, eager to hear what the world has to mention.





# MINDFUL MONKEY

- This mindful monkey pays
- attention to his food. He notices
- the texture, the taste, and his
- mood. Eating mindfully is what
- he likes to do, and
- he gets all the
- bananas he
- wants in
- his home
- at the zoo!





# NOTICING NEWT

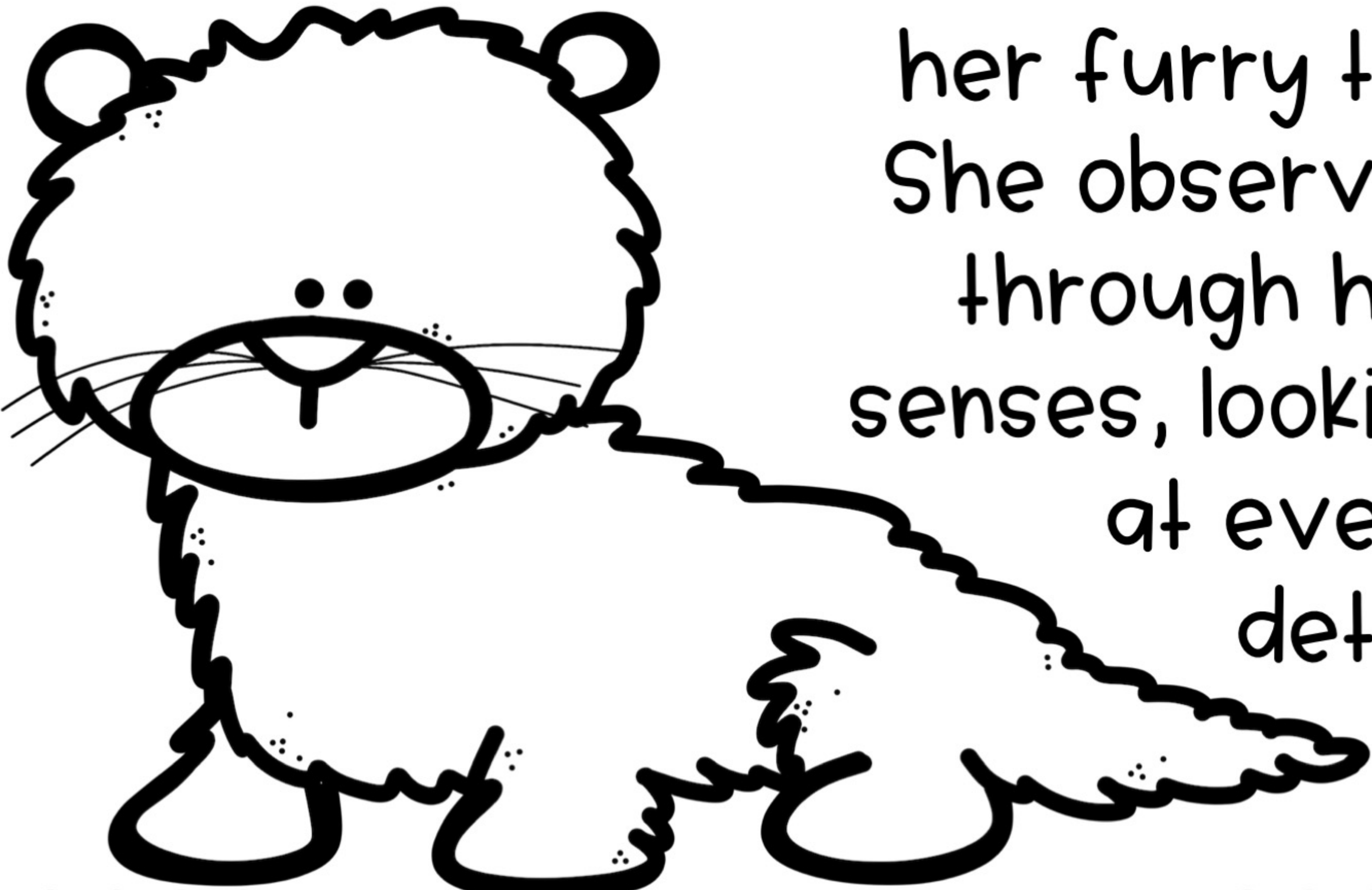
Sitting quietly on the grass,  
the noticing newt watches  
as all things pass. He pays  
attention to how he feels,  
and accepts what is  
revealed!





# OBSERVANT OTTER

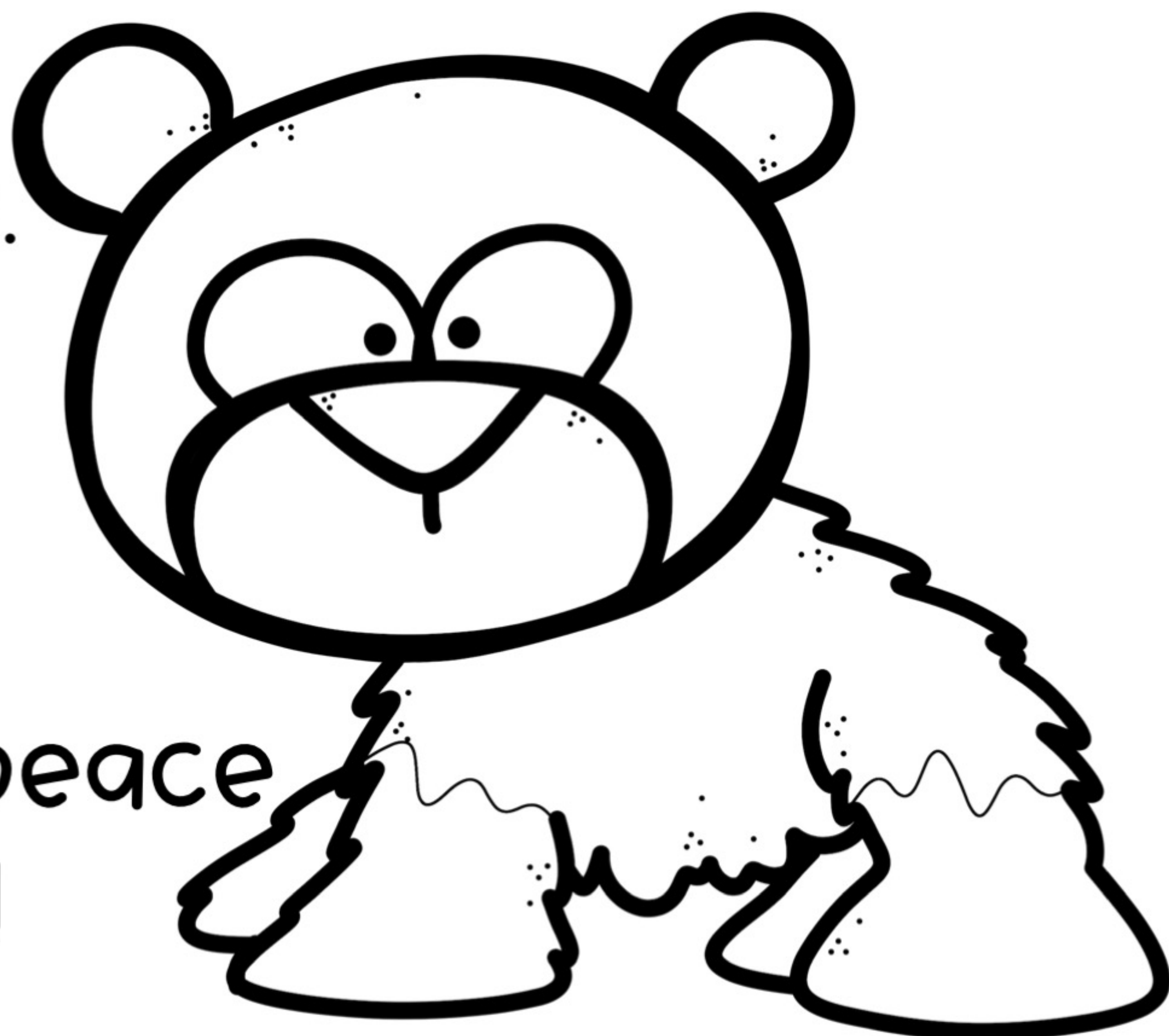
- This cute creature splashes in the flowing water. She pays attention to how she feels; that's why they call her the observant otter! She notices how the water feels on her furry tail. She observes through her senses, looking at every detail!





# PATIENT PANDA

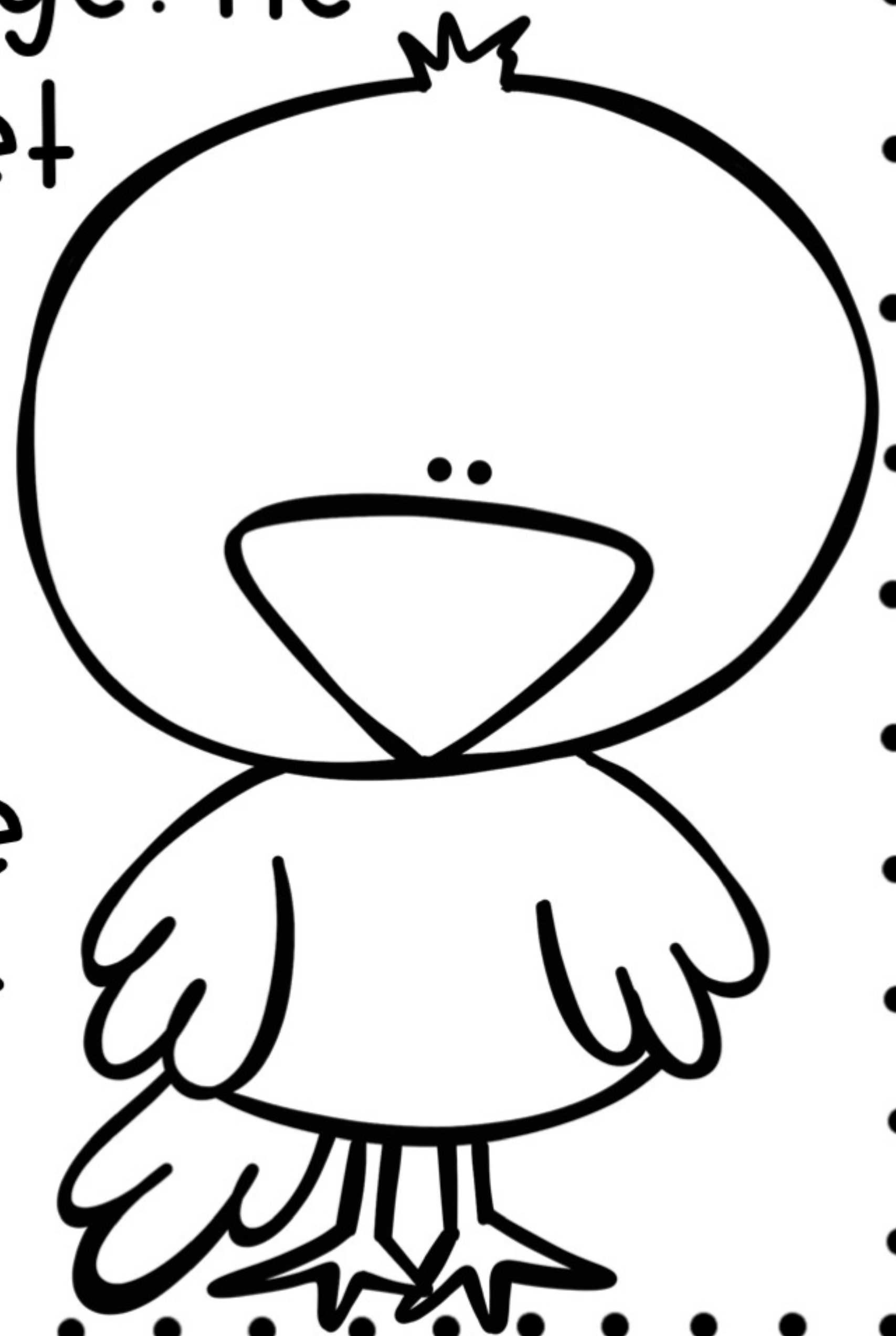
- This patient panda has no
- problem with a wait. She sits
- back and takes time to deflate.
- As she waits, she lets her
- thoughts
- float away.
- Waiting
- gives her
- time to
- enjoy the peace
- of the day!





# QUESTIONING QUAIL

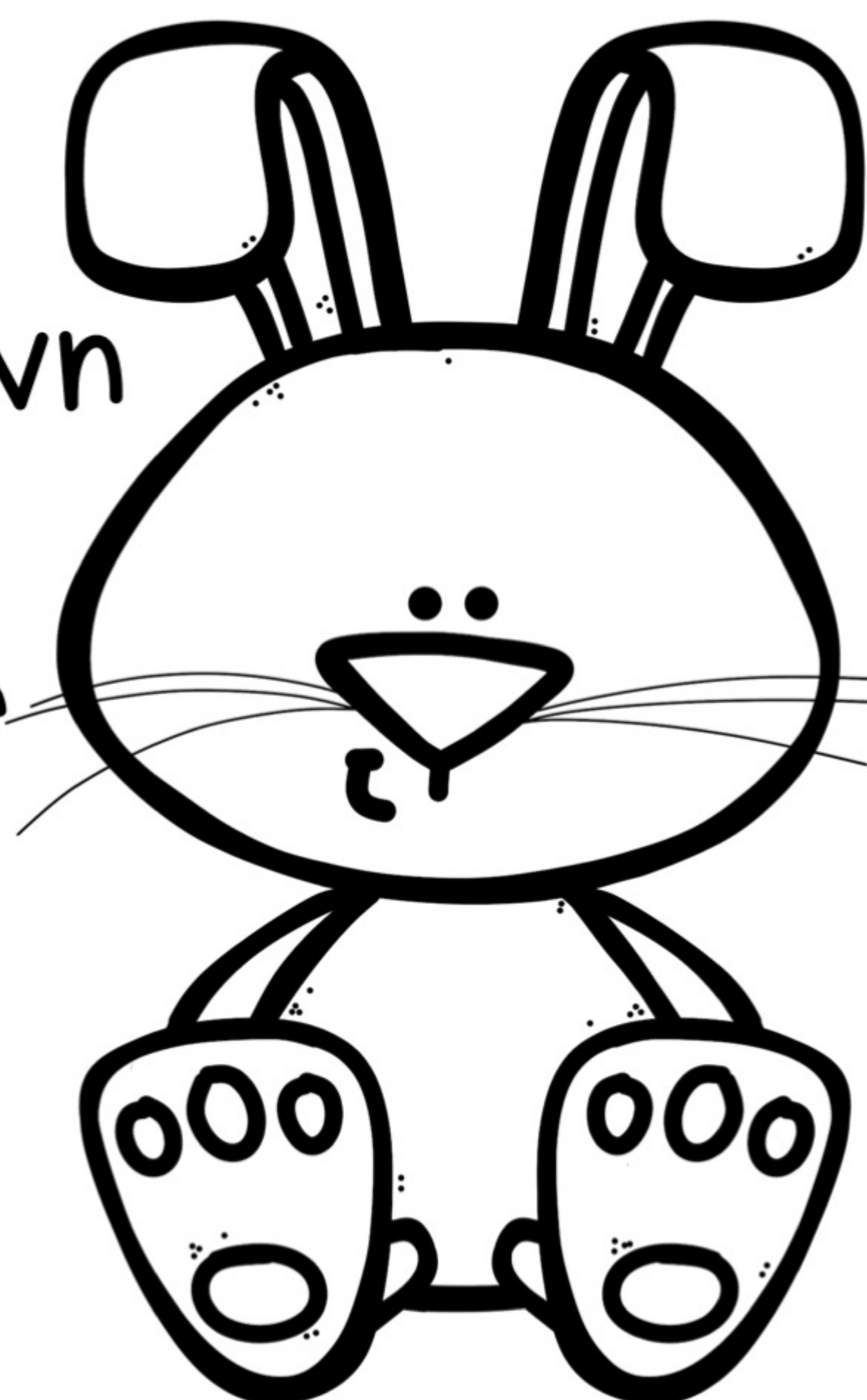
When this tiny bird feels a little strange, he asks questions to figure out what he needs to change. He spends some quiet time alone to figure it all out. He pays attention to his body to see what the feelings are all about!





# RELAXED RABBIT

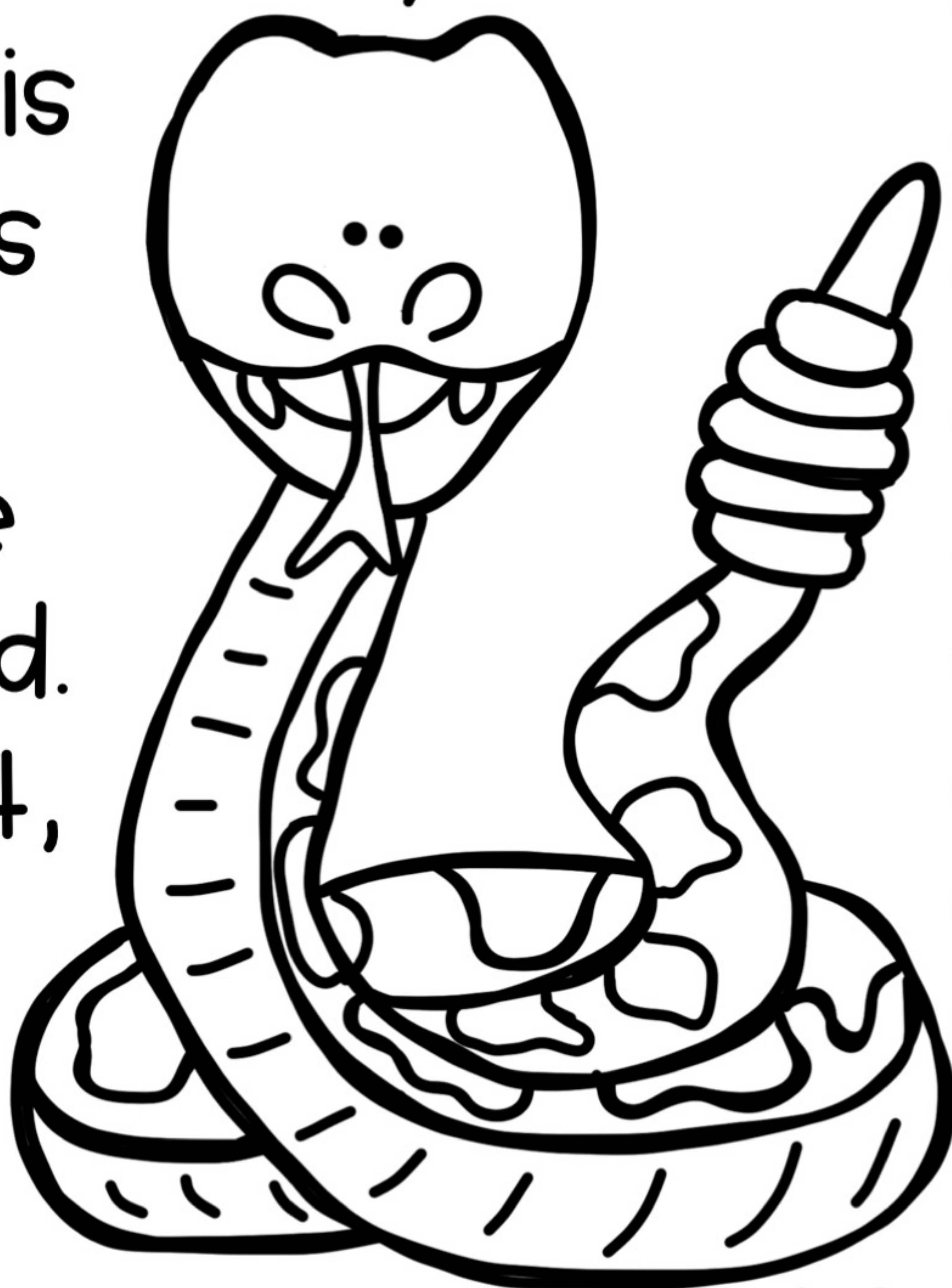
- Fluffy, friendly, and furry
- all describe this bunny, but
- his way of relaxing
- really is quite
- funny! He folds down
- his ears in a simple
- forward motion. He
- promises when he
- does, he can really
- hear the ocean!





# SENSORY SNAKE

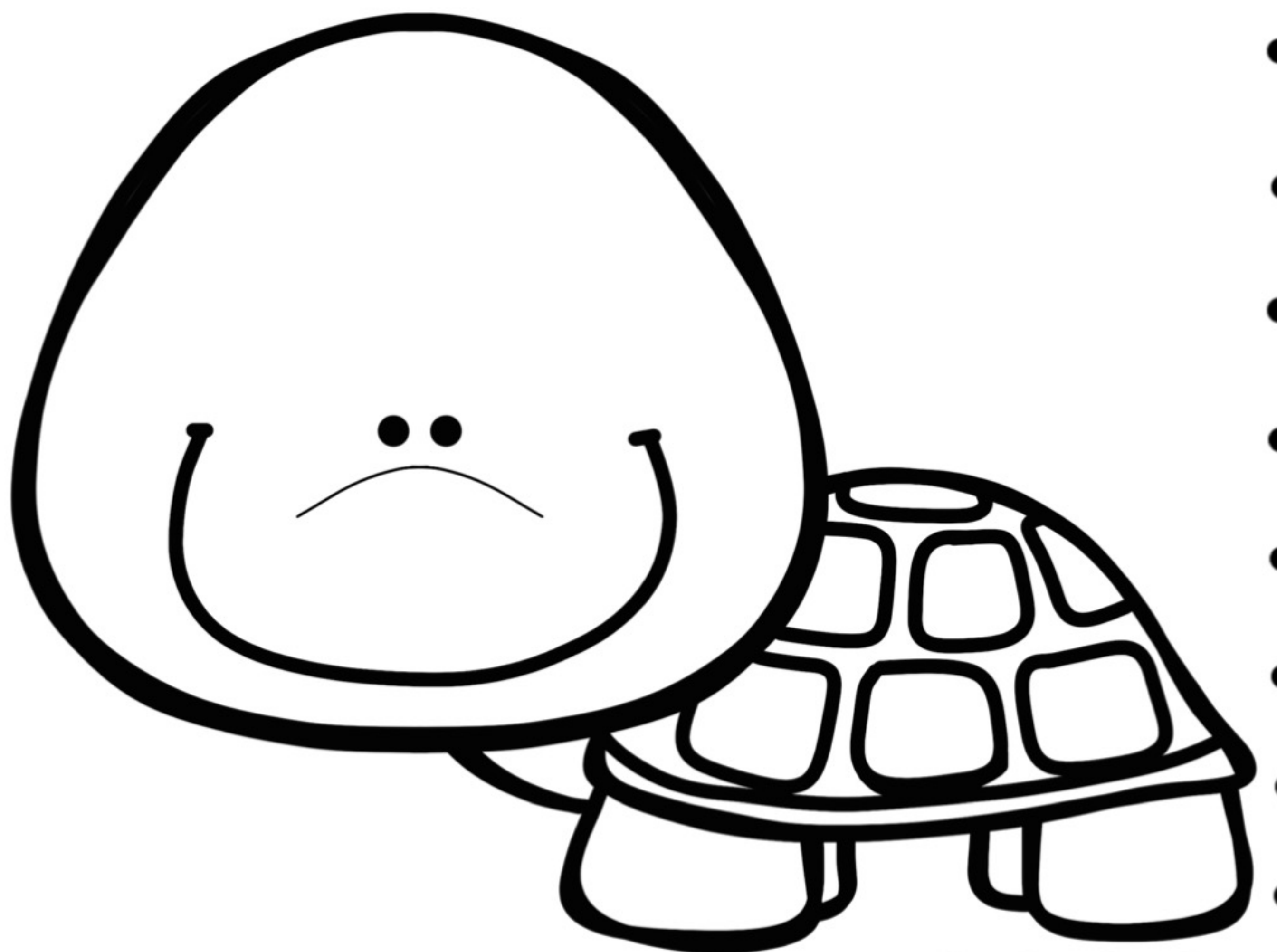
This slithering reptile uses his senses to explore. As the leaves glide below him, he feels them in his core. His senses help him understand the world all around. He notices sight, touch, taste, smell and even sound.





# TRANQUIL TURTLE

- This peaceful turtle spends
- time in his shell. He clears his
- mind and emerges feeling
- swell! His shell is a safe place
- to relax and unwind. He can
- calm his
- body and
- bring
- peace to
- his mind!





# UNDERSTANDING UNICORN

This majestic creature is quite understanding. The way she looks inside and forgives herself is truly outstanding.

You see, she knows that all of her feelings are okay!

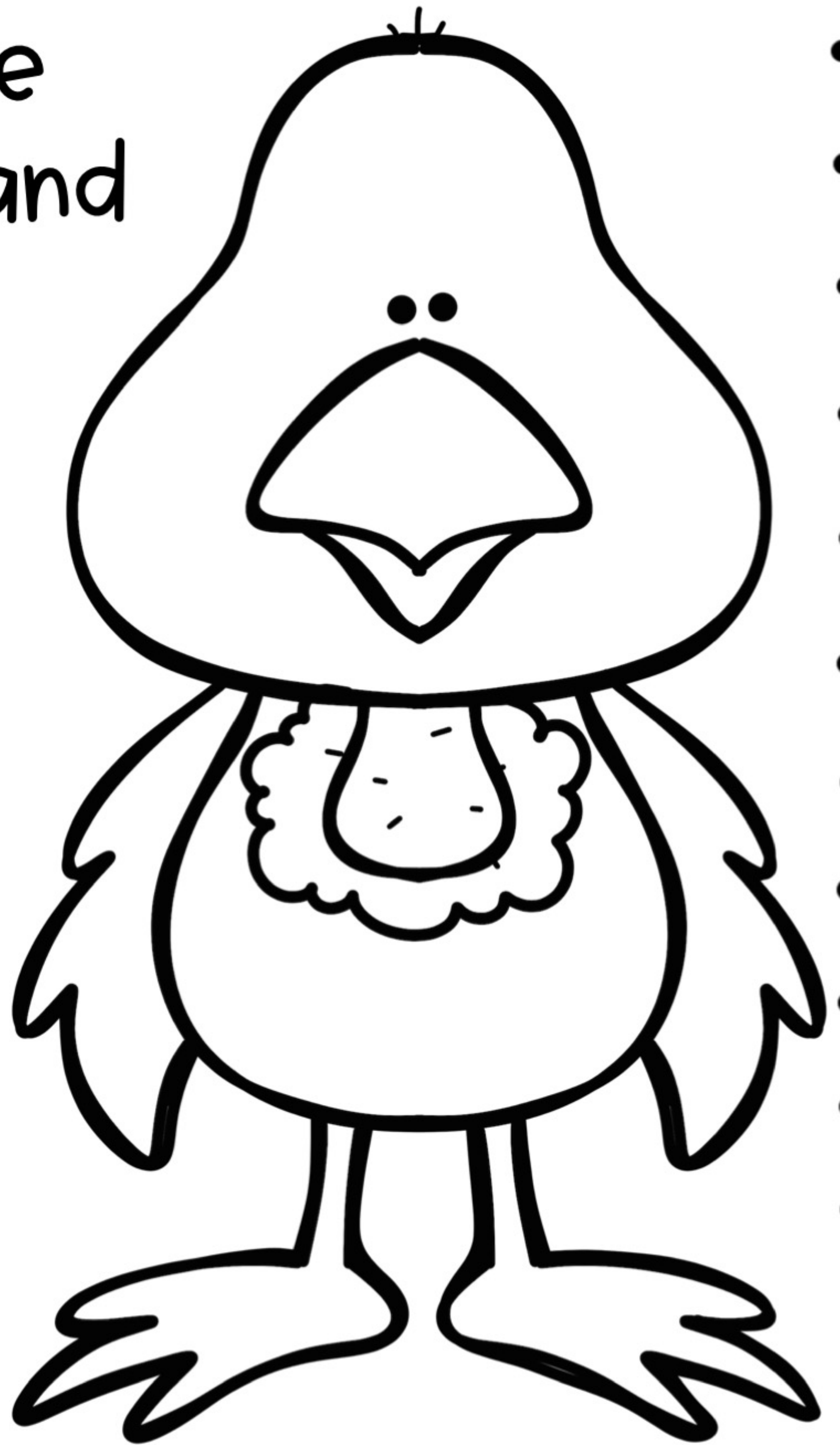
Allowing herself to accept them really makes her day!





# VACATIONING VULTURE

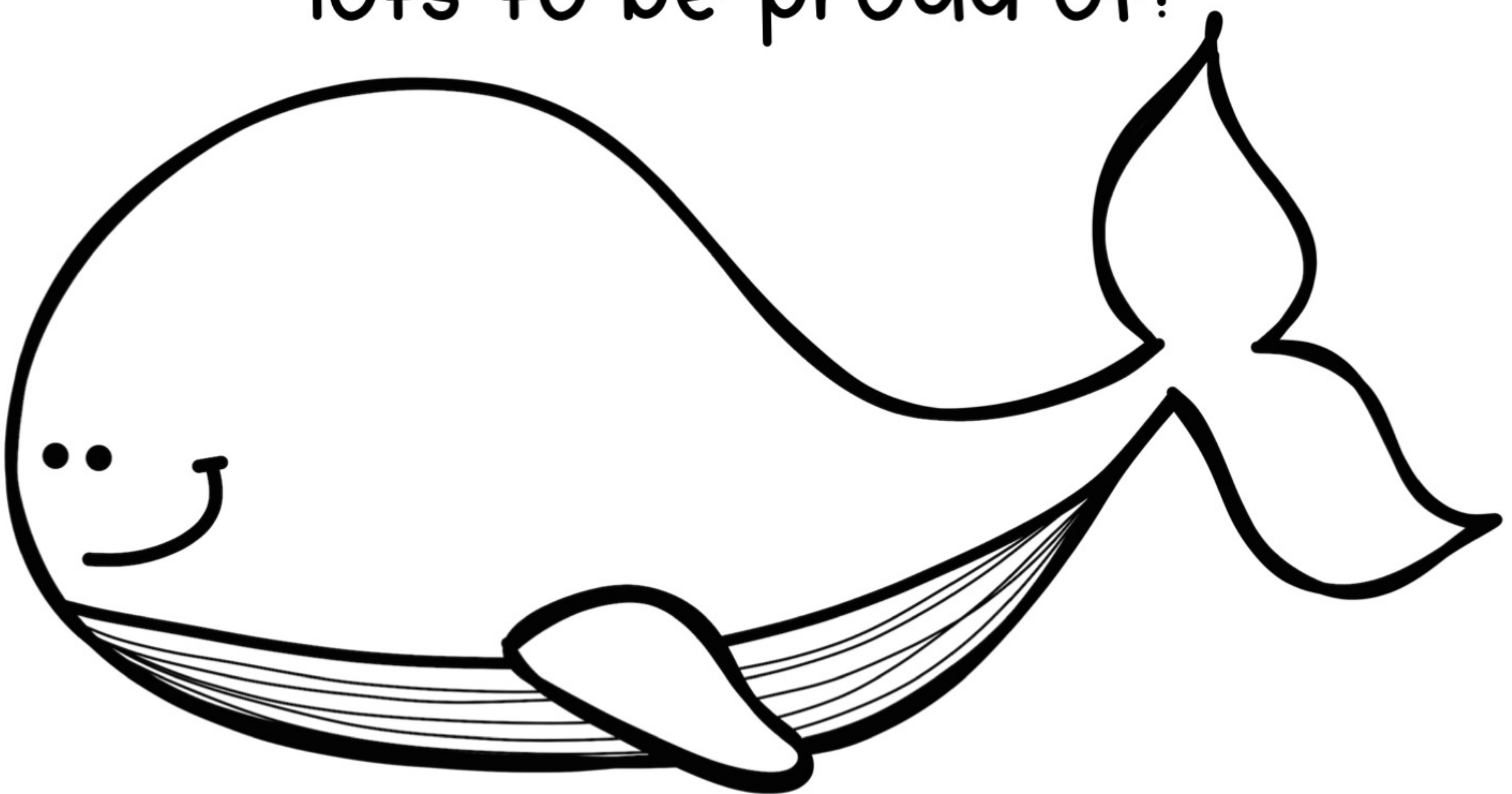
- This flying bird sometimes
- needs a break. He
- closes his eyes and
- imagines sitting
- by the lake. He
- listens to the
- water and the
- rustling of the
- trees, letting
- the sounds of
- his vacation put
- him at ease!





# WISHING WHALE

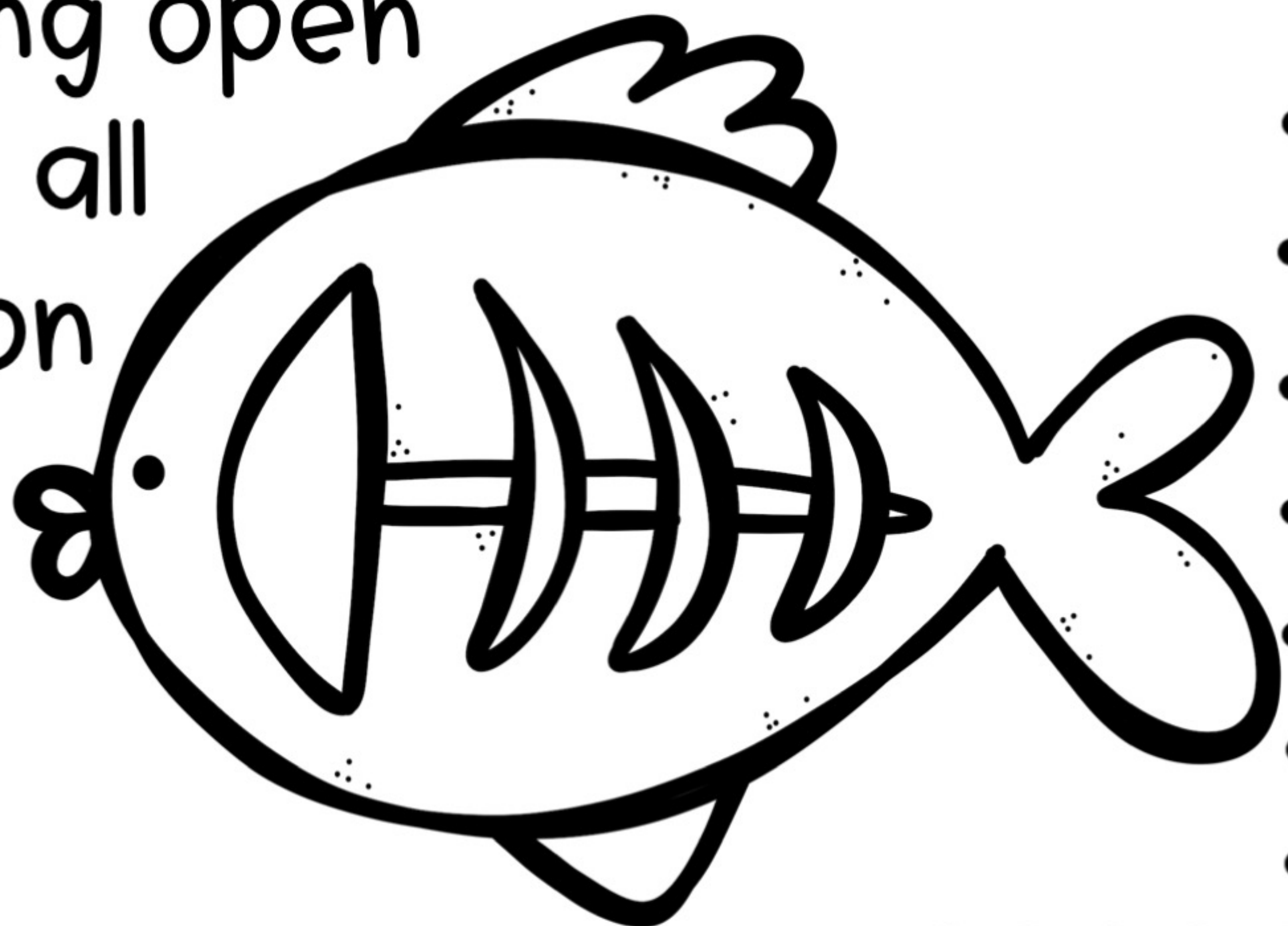
Floating gently in the ocean, the wishing whale thinks of his emotion. He makes a simple wish for love, reminding himself he has lots to be proud of!





# EXPRESSIVE X-RAY FISH

- This fish works hard to examine
- his body and mind. He focuses
- on his feelings so his emotions
- he can find! He shares how he
- feels with the other fish
- around. Being open
- helps them all
- find common
- ground!





# YOGA YAK

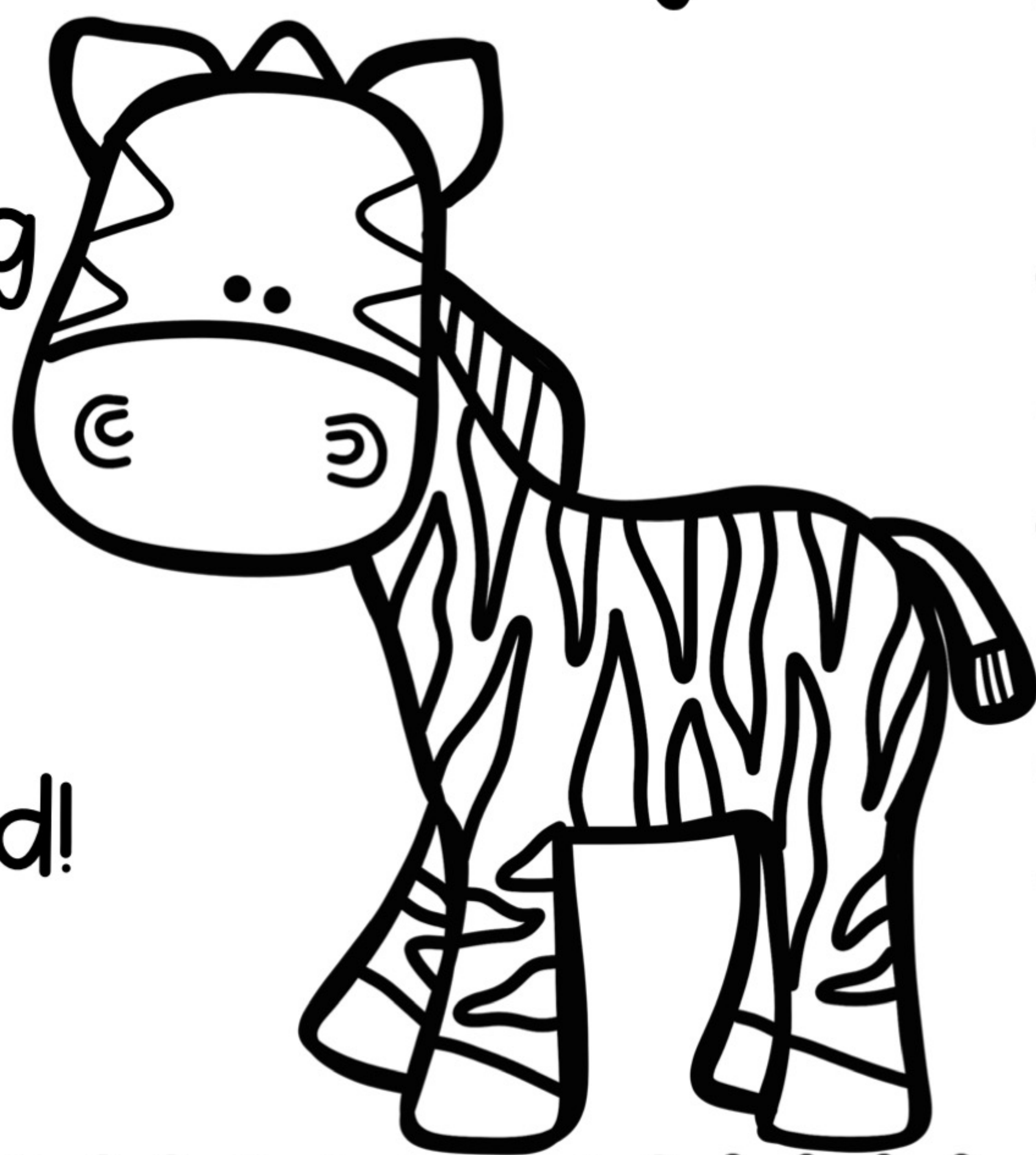
This mindful yak uses his muscles to relax. He focuses his mind, his hooves, his legs, and most importantly his back. In a peaceful place, he practices yoga poses. Opening his mind and focusing his muscles makes his day feel like a bed of roses!





# ZEN ZEBRA

This zen zebra loves to color and doodle. When he needs a break, he gets his crayons and tells his friends, "Tootles!" He quietly colors, calming his body and mind. Coloring brings him the peace that he was hoping to find!





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COUNSELOR *Keri*



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