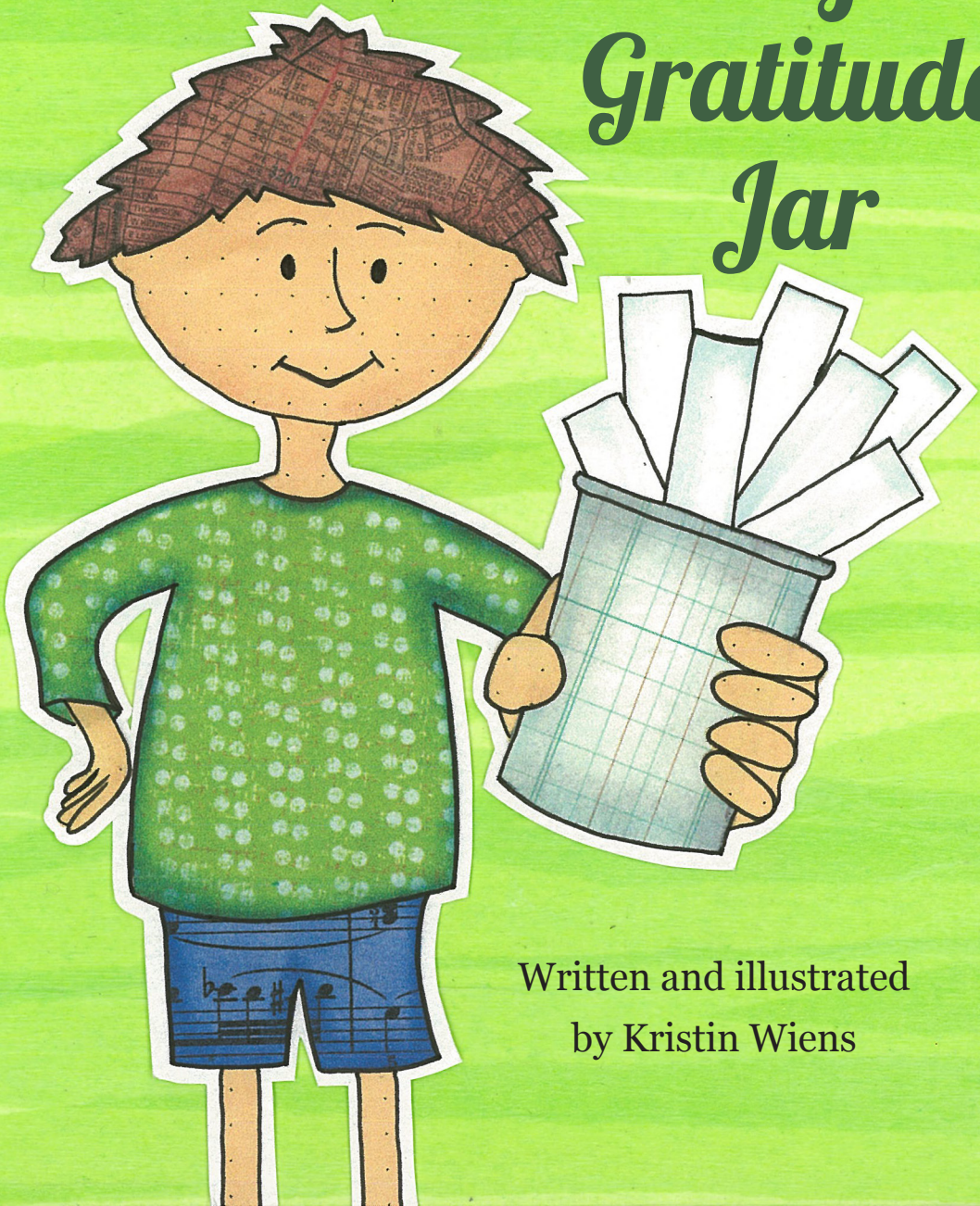


Mindfulness/Self-regulation

# *My Gratitude Jar*



Written and illustrated  
by Kristin Wiens