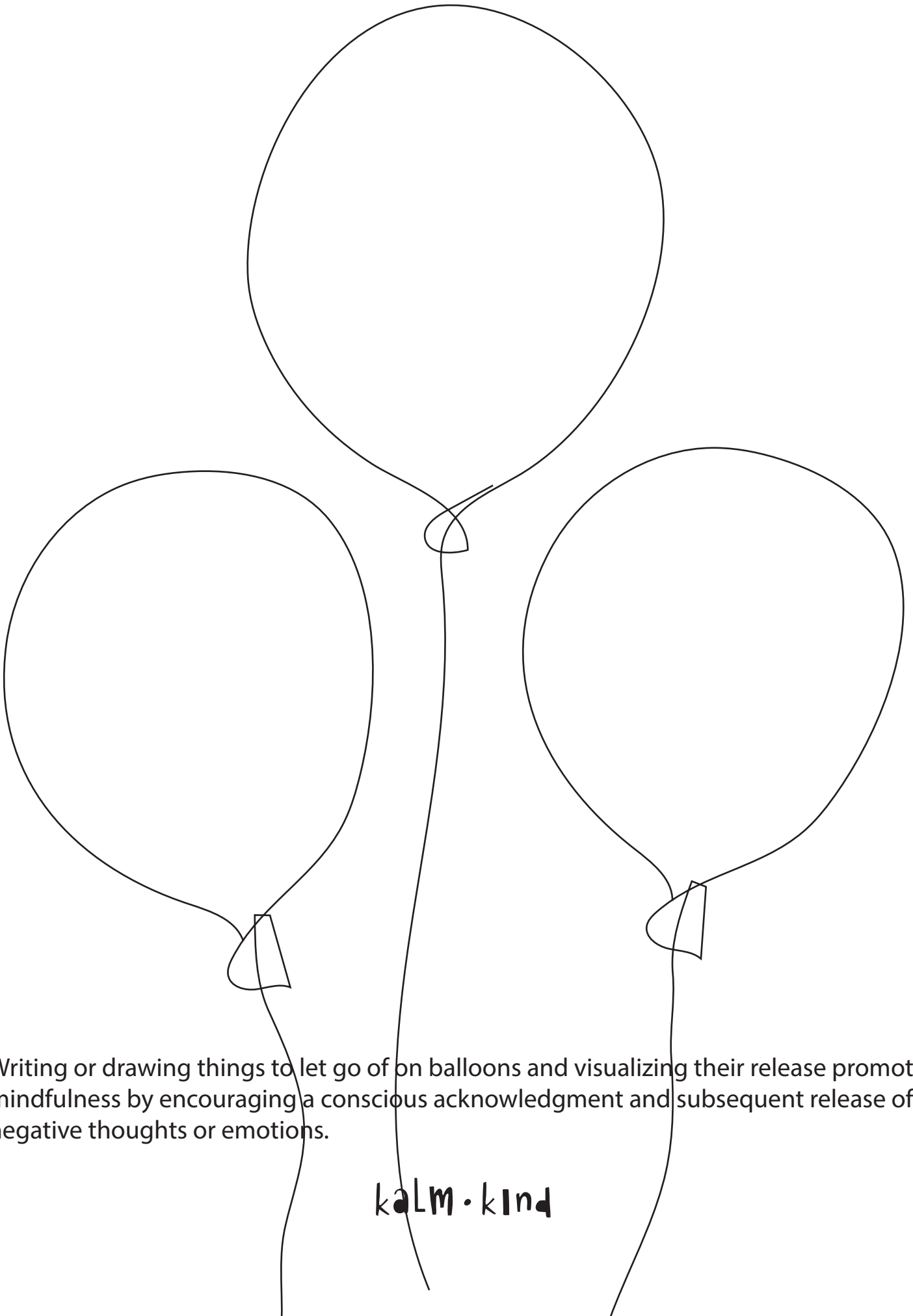


Letting Go Balloons

- Write or draw things you want to let go of on the balloons.
- Imagine releasing them as you color the balloons and watch them float away.



Writing or drawing things to let go of on balloons and visualizing their release promotes mindfulness by encouraging a conscious acknowledgment and subsequent release of negative thoughts or emotions.

kalm • kind