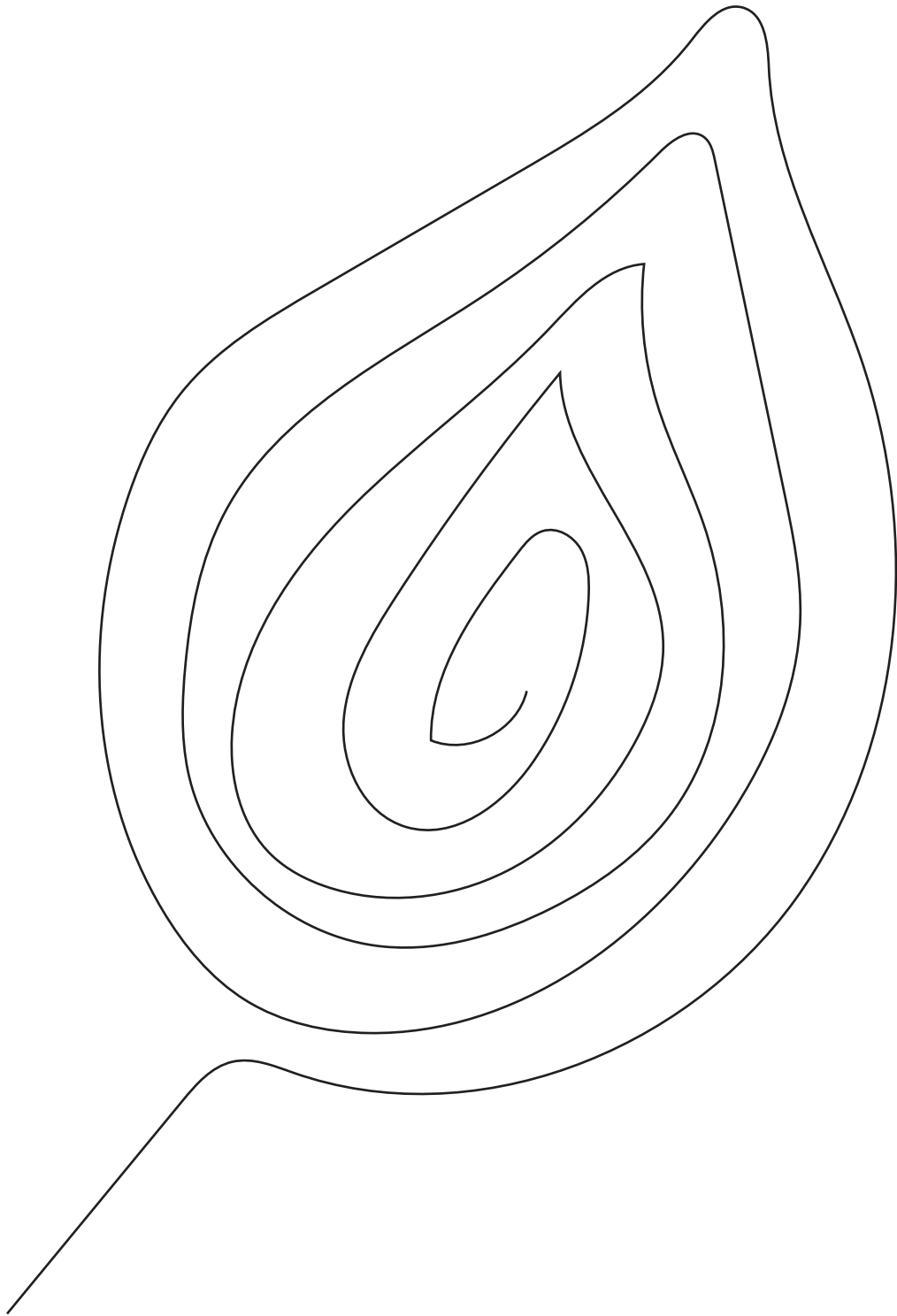


Tracing Leaf:

- Use your finger or a pencil to carefully trace the outline of the leaf.



Tracing the leaf can be a mindful activity as it requires focused attention on the movement of your hand and the details of the leaf, fostering a sense of calm and presence.