



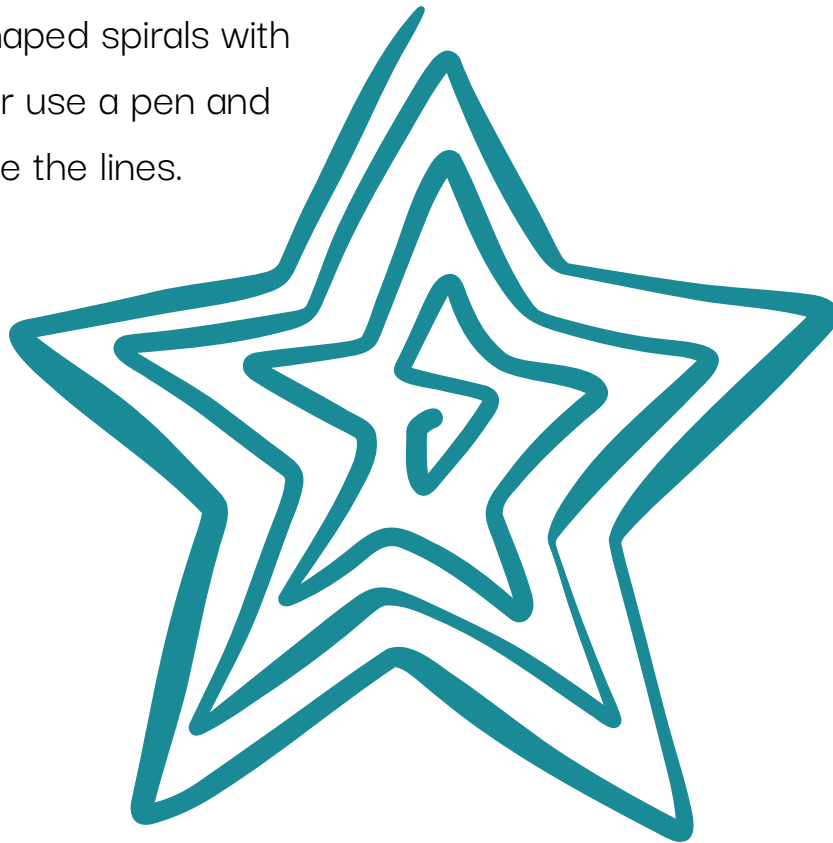
# TRACING FOR MINDFULNESS



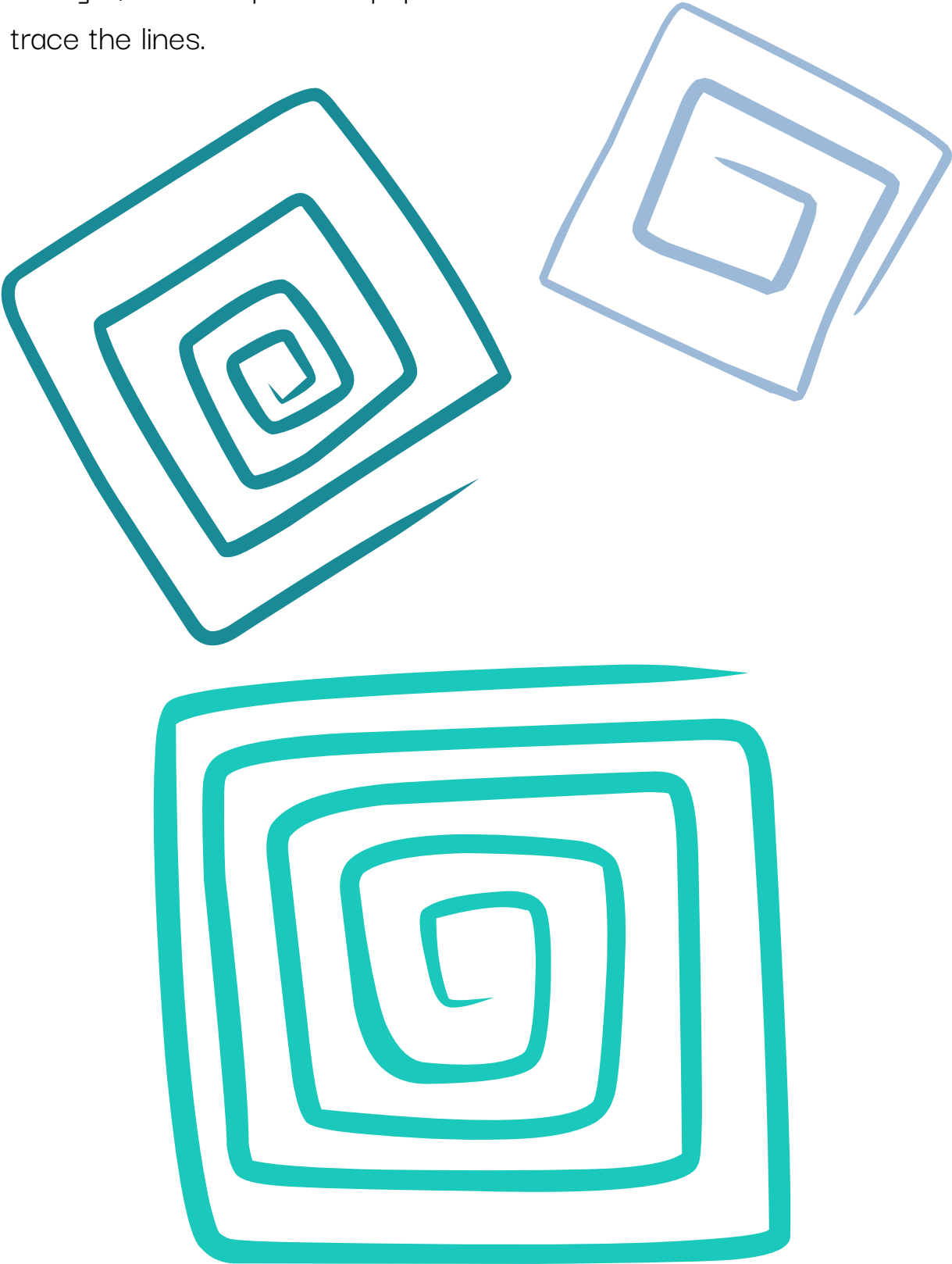
Follow the circular spirals with your finger, or use a pen and paper to trace the lines.



Follow the shaped spirals with your finger, or use a pen and paper to trace the lines.



Follow the spiral cubes with your finger, or use a pen and paper to trace the lines.



Follow the continuous lines with your finger, or use a pen and paper to trace them.

