

# Mindful...ish Mini Pack

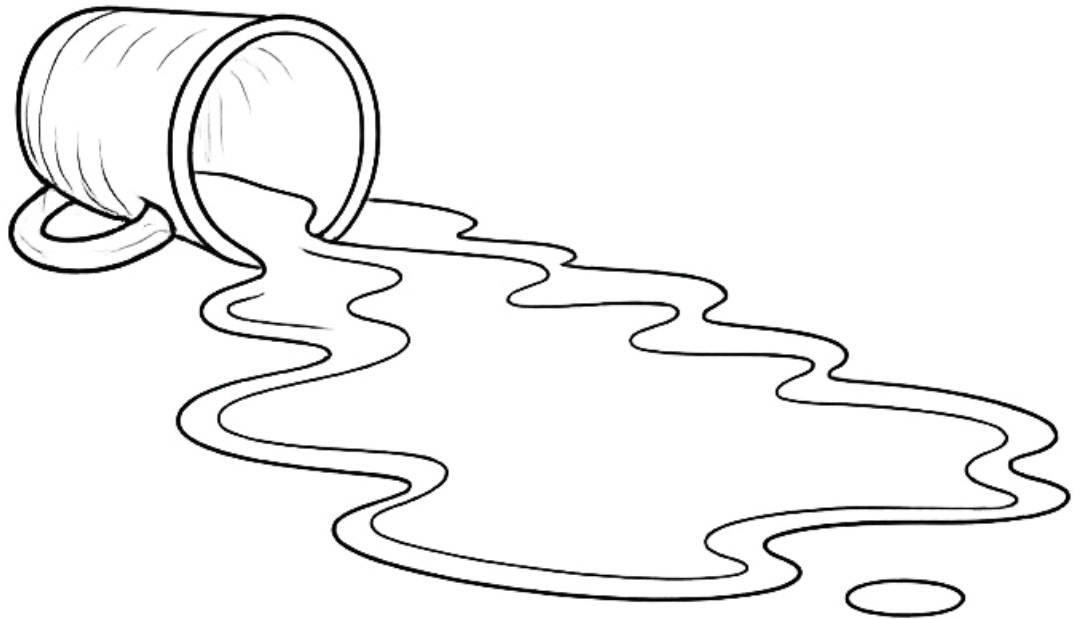
For the days that don't go as planned

I had every intention of resetting.  
Then someone asked for a snack.  
And then another one.  
So here we are.

Take a breath.  
Not a perfect one.

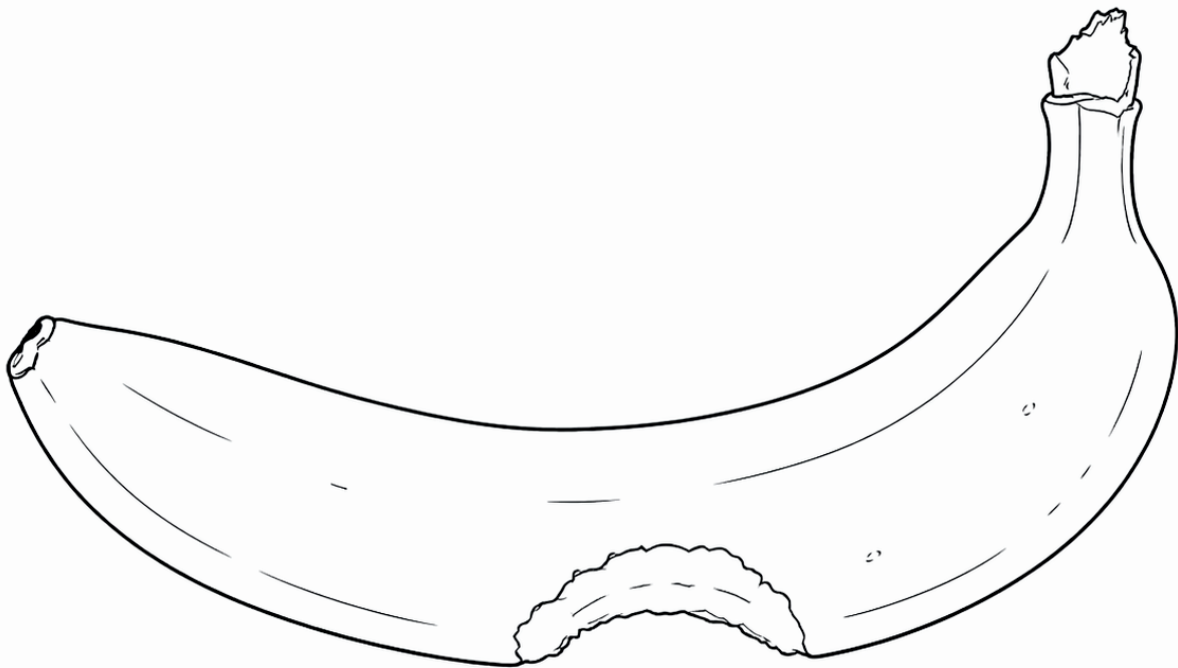
Pick one thing.  
Just one.  
That's enough for now.

# The Spill



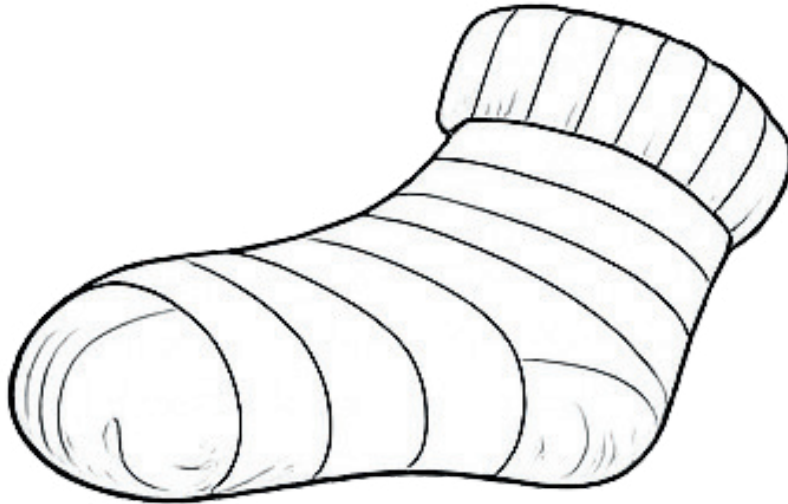
Let them color it in.  
Or not.  
It spread quickly.

# The Snack



You can sit with them.  
Or just hand over the crayons.  
Some things are... evolving.

# The missing sock



Color it in together.  
Or just look at it for a second.  
It's been gone before.

# Together (...ish)

Pick one thing around you.

A book.

A cup.

A toy.

Tell a story about it.

See what they say.

It didn't go as planned.  
You're still here.

That counts.

*Am*BEING