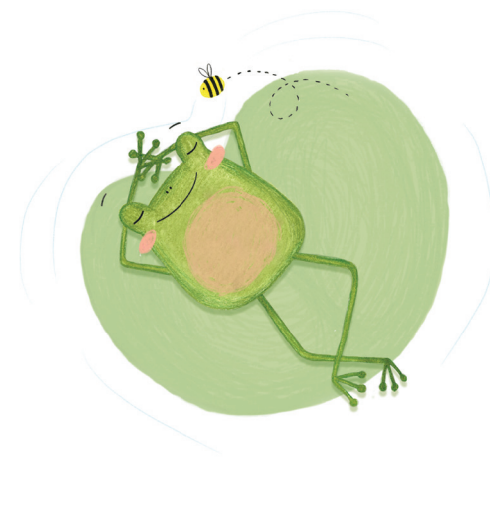


Ernie's Mindful Journey



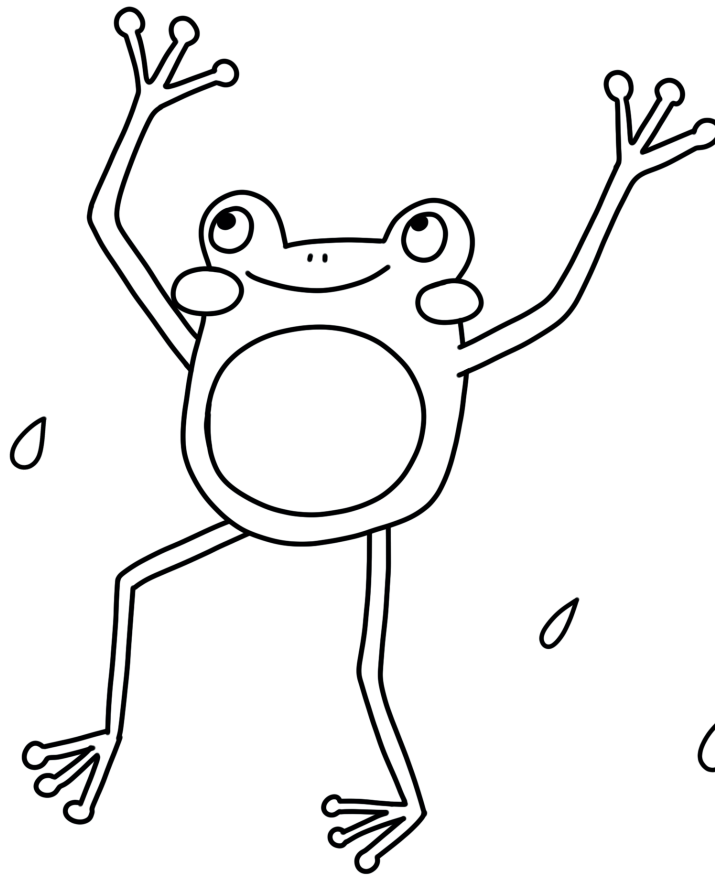
Draw a mindful activity

Recreate a scene from the book, or
come up with your own mindful activity.

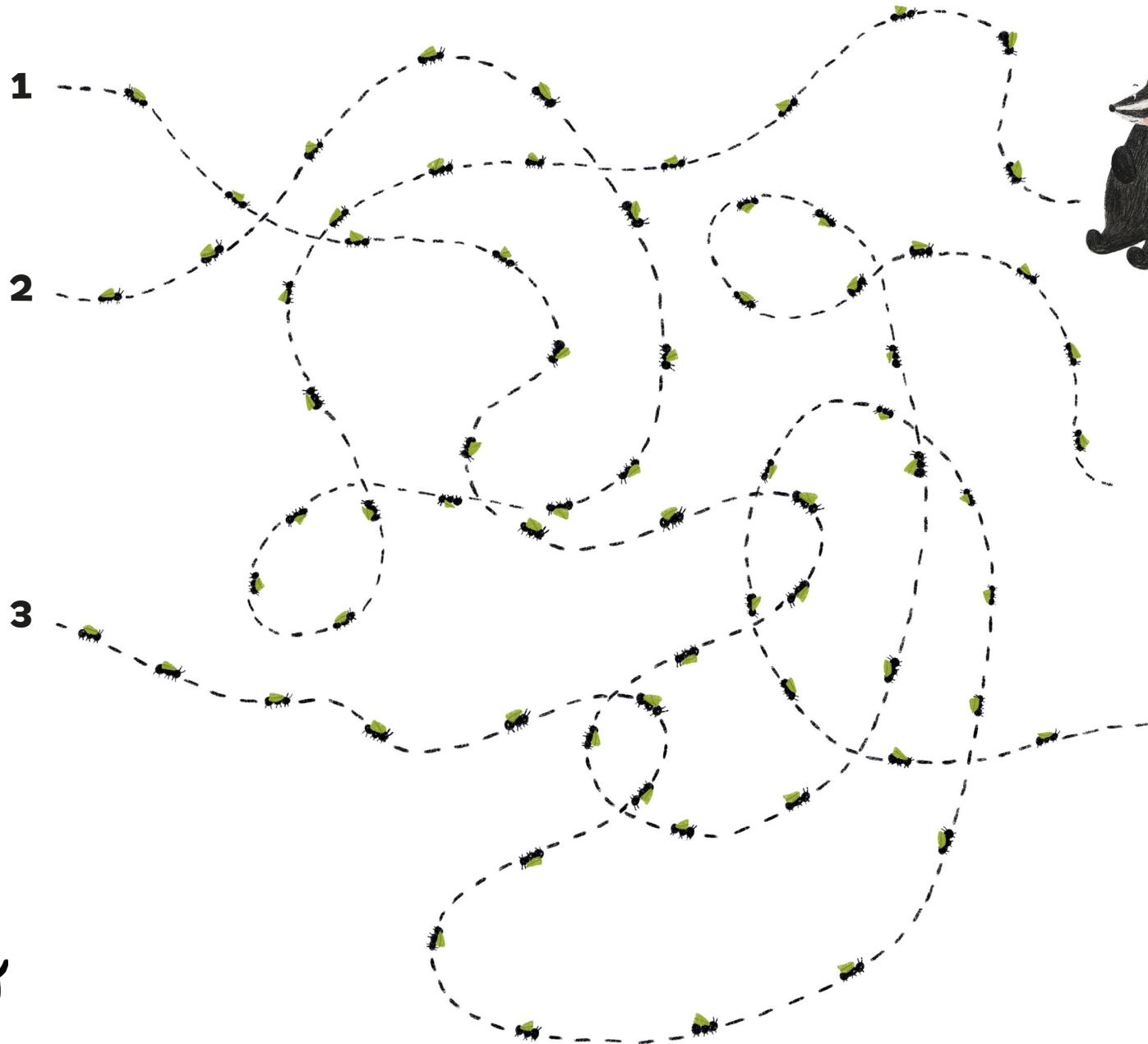


Ernie's Mindful Journey

It might slow your brain
if you dance in the rain



A small, stylized illustration of a brown bird perched on a dark brown branch. The branch has several green leaves attached to it. The bird is facing right, with its beak open as if it is singing or calling. The background is plain white.



Ernie's Mindful Journey