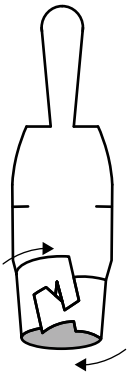
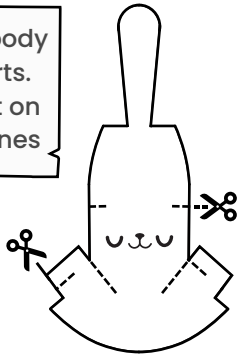


# MIGHTIER™ Mindful Pet

Mindfulness is a super power that lets us tune into our senses. Focusing on our senses can help us feel calmer and more aware of our emotions. But mindfulness isn't just for us! Animals use it too, to focus on their environment and survive in the wild.

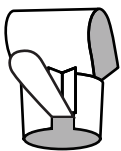
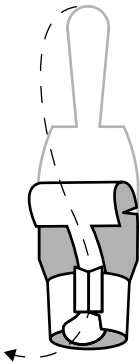
Follow these instructions to create your own unique mindful pet! When choosing parts, patterns, and colors for your pet think about how they could use their senses. Once you're done you can place them somewhere special as a helpful reminder to take a moment for mindfulness!

Cut out body and parts. Then cut on dotted lines



Flip paper. Slide slots together to form body

Slide tail through the body



Pull tail out and fold up against body

Slide on parts any way you want to!

