



HAPPY FALL Y'ALL

A FREE GIFT from P.A.C.E.!

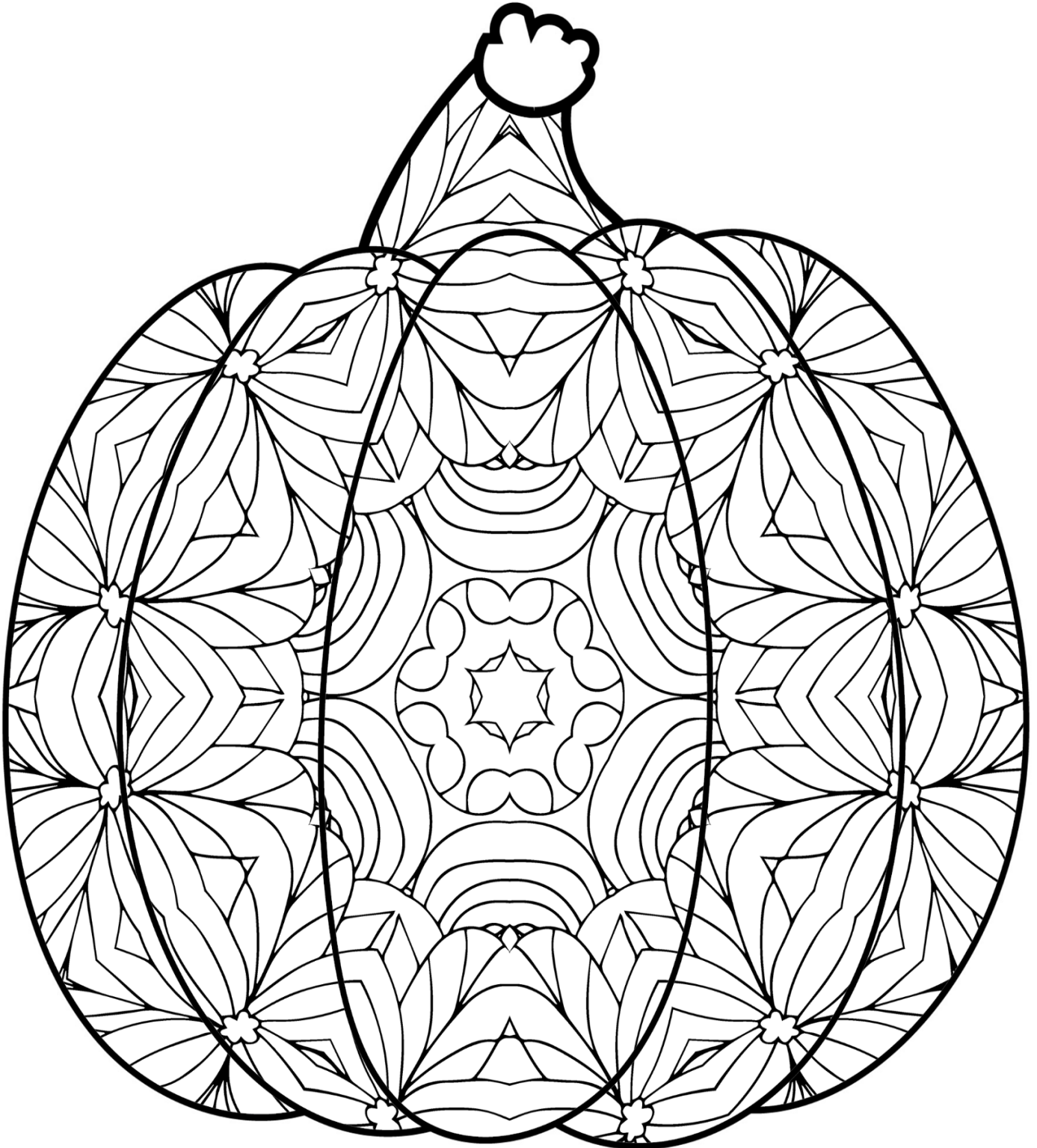
We're so grateful for YOU!

We've connected with over 3000 early educators offering professional development in the form of workshops, book studies and courses! Our assignment is clear... take care of the early educator, so you can be your very best for the young children and families you serve!

This fall, take a few moments to breathe, slow down and take care of YOU! Let the enclosed mindful activities help you get there! As always, thank you for connecting with us as your FAVORITE organization for research-informed, inspiring & engaging professional development services! It's our honor to serve you and we look forward to seeing you again soon!

Visit us: www.pace2u.org

Enjoy a few moments of
MINDFUL COLORING...



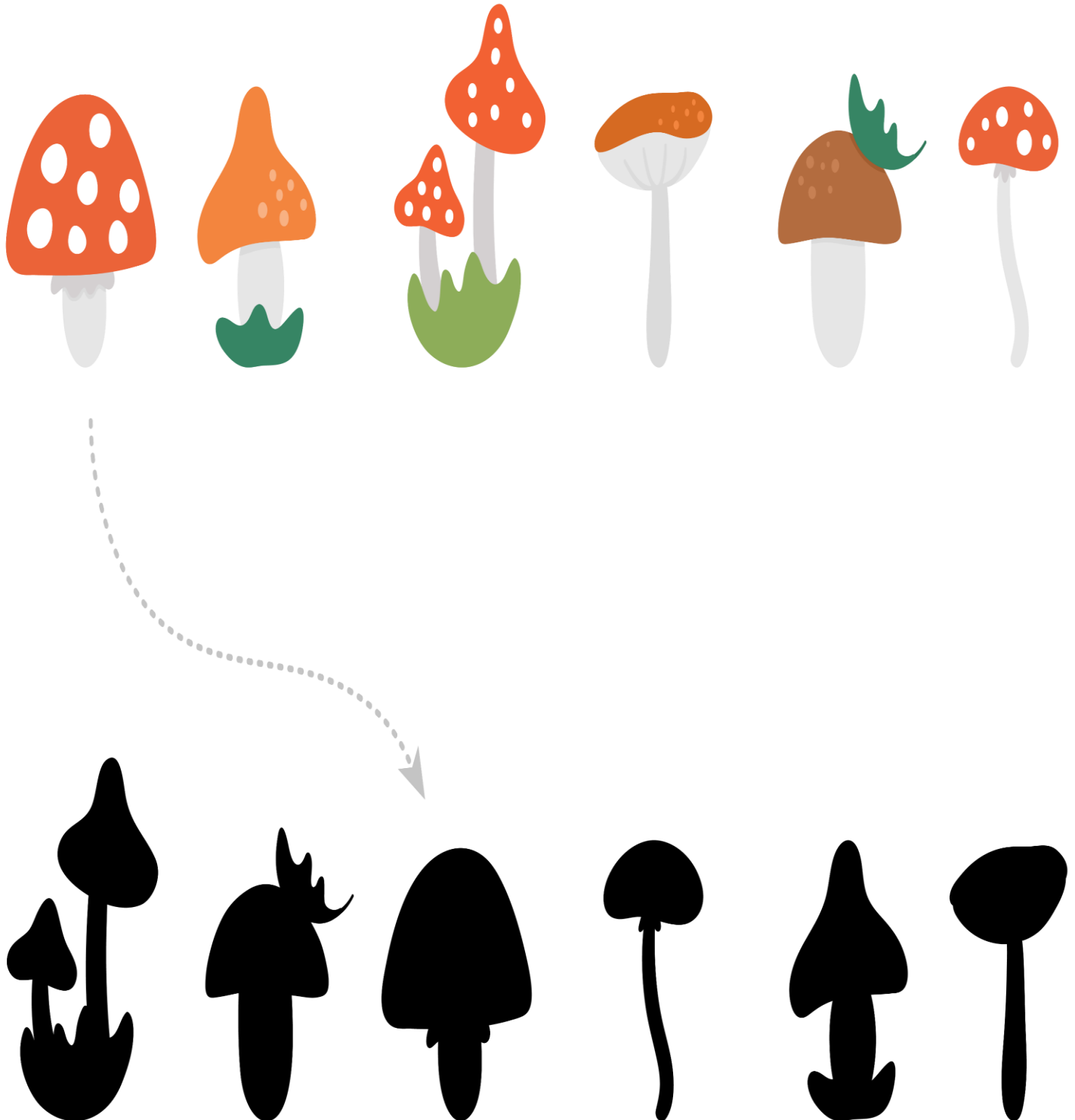
MINDFUL BREATHING EXERCISE!

INHALE – place your finger on a colored picture...

HOLD – Let finger flow down paper to the matching shadow...

EXHALE – Slowly breathe out when your finger reaches the match!

REPEAT – Do the same for all pictures!



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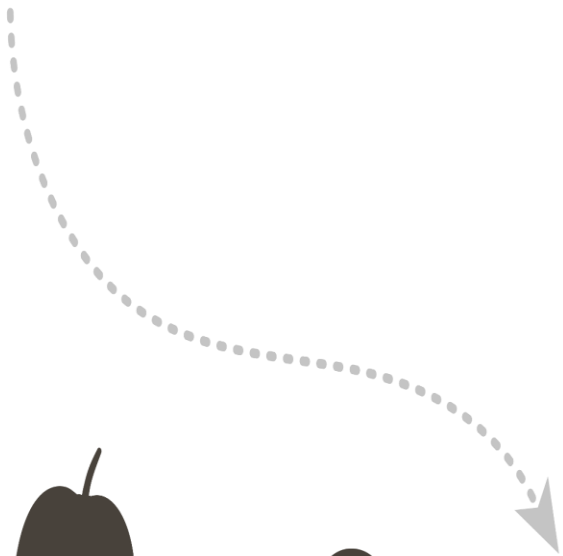
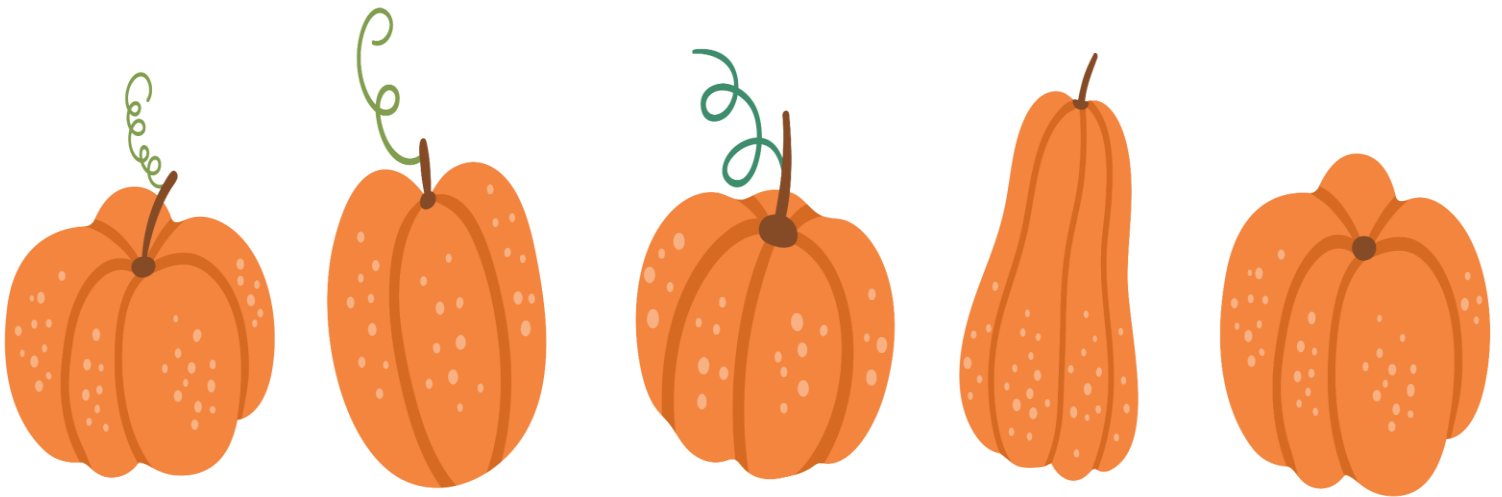
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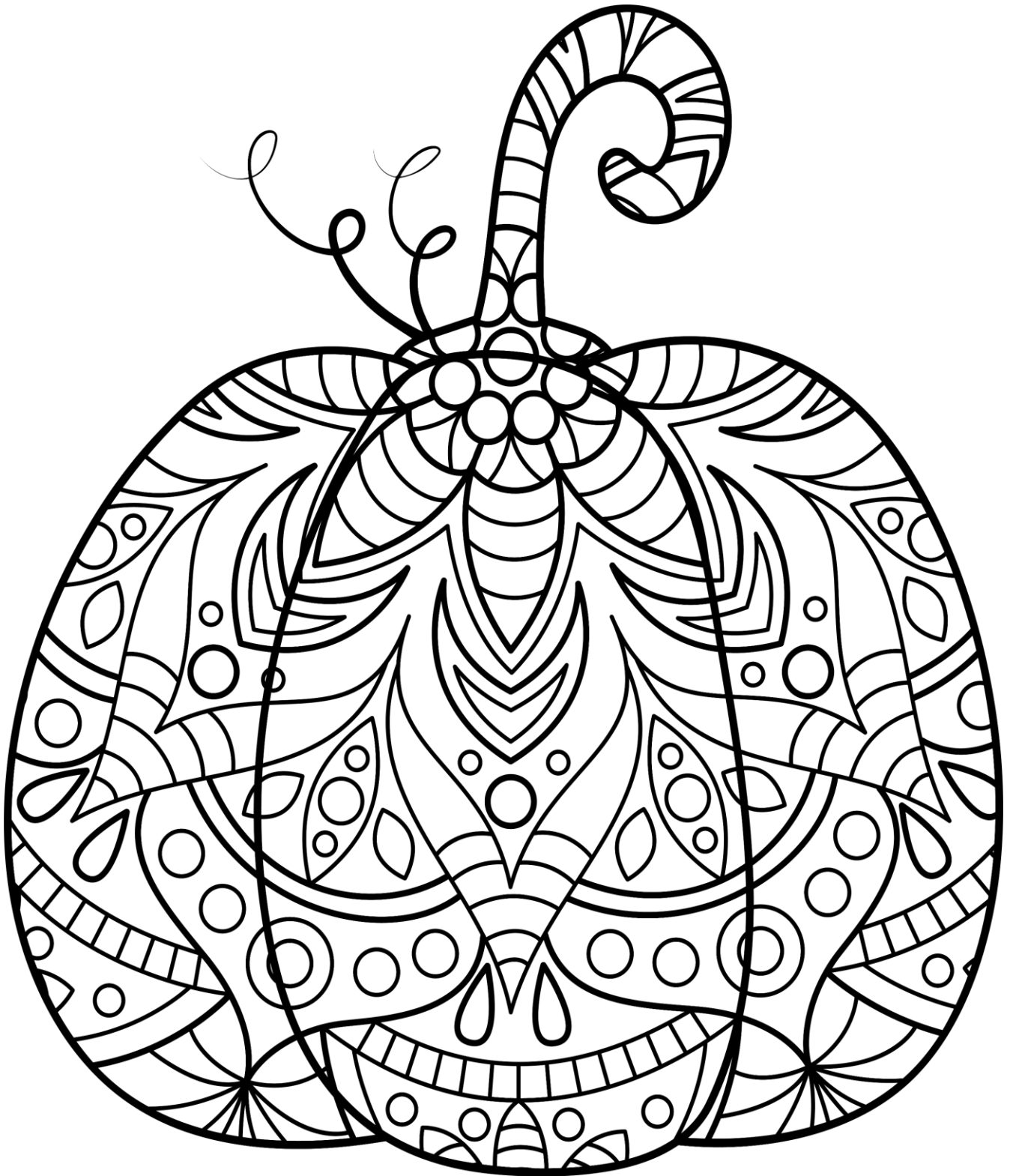
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Think Positive...





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