

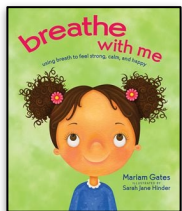
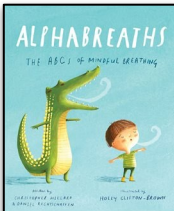
WE
Explore:
Mindfulness

Pause and be present.

Click on the boxes below to explore mindfulness.



Use Hoopla to find eBooks & audiobooks



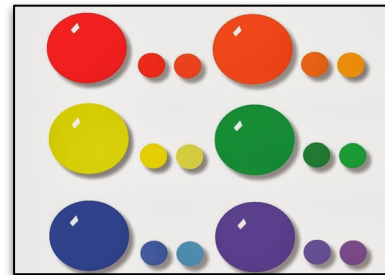
Sign up for a library card @ [Cherry Hill Public Library](#) & [Camden County Library](#)

Sign up for their [Summer Reading Program](#) and [explore a virtual program](#)

How Do I Feel Today?
by Phoebe McGuire



Read a story and [use these cards to help you describe how you feel](#)



Practice bubble breathing



Can you balance like Baby Yoda?



Quiet your mind with a 5 minute meditation



Make a sensory bottle



Read a story. Sit still and listen. What can you hear?



Spin the Emoji Fitness wheel to build a mindful workout



Read a story and stretch.