

WE
Explore:
Mindfulness

Pause and be present.
Click on the boxes below to explore mindfulness.



Sit Cross Legged


Take a Star Wars themed mindful minute



Play a mindfulness game





Practice controlling your energy



CHERRY HILL PUBLIC LIBRARY
THE HEART OF TOWN

Use Hoopla to find eBooks & audiobooks



Spin the Emoji Fitness wheel to build a mindful workout



Learn to be in the present moment



Make a playlist of songs that help you relax

Icon is not linked- use the music and method to listen to it of your choice!



Listen to a body scan meditation



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](#)



Mindful Coloring