

Outdoor Activities for Mindfulness

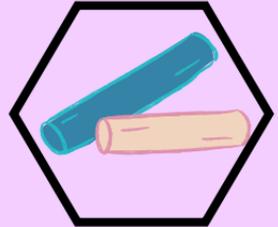
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Watch Clouds



Meditate



Chalk



Yoga



Walk



Read



Go Barefoot



Garden

