

Miracle Glasses

Ok, I want you to ask a grown-up to cut out these glasses for you and stick them together.

These are your 'Medina Miracle, Mindfulness Glasses':

Once you have them on, walk around your house or go outside with a friend, who has their glasses on, too. Look at everything and believe and feel it is all a miracle.

Your first stop is the mirror.
Look at yourself in the mirror and say out loud:

I AM A MIRACLE. I AM PERFECT JUST THE WAY I AM.
I LOVE ME, I BELIEVE IN MYSELF AND I BELIEVE IN MIRACLES.

Now, go and have an adventure!



CUT OUT ARMS
AND GLUE TO
GLASSES
OR
PIERCE A HOLE
AND USE
ELASTIC



CUT ALONG DOTTED LINES



GLUE
OR
PIERCE
HOLE
HERE

FOLD



GLUE
OR
PIERCE
HOLE
HERE

FOLD

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