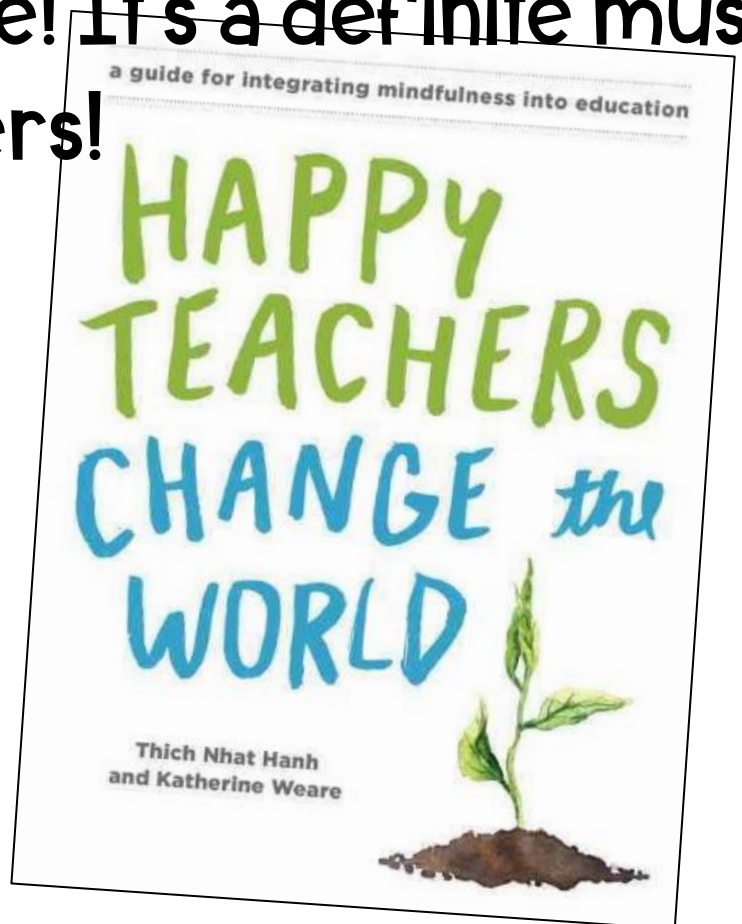
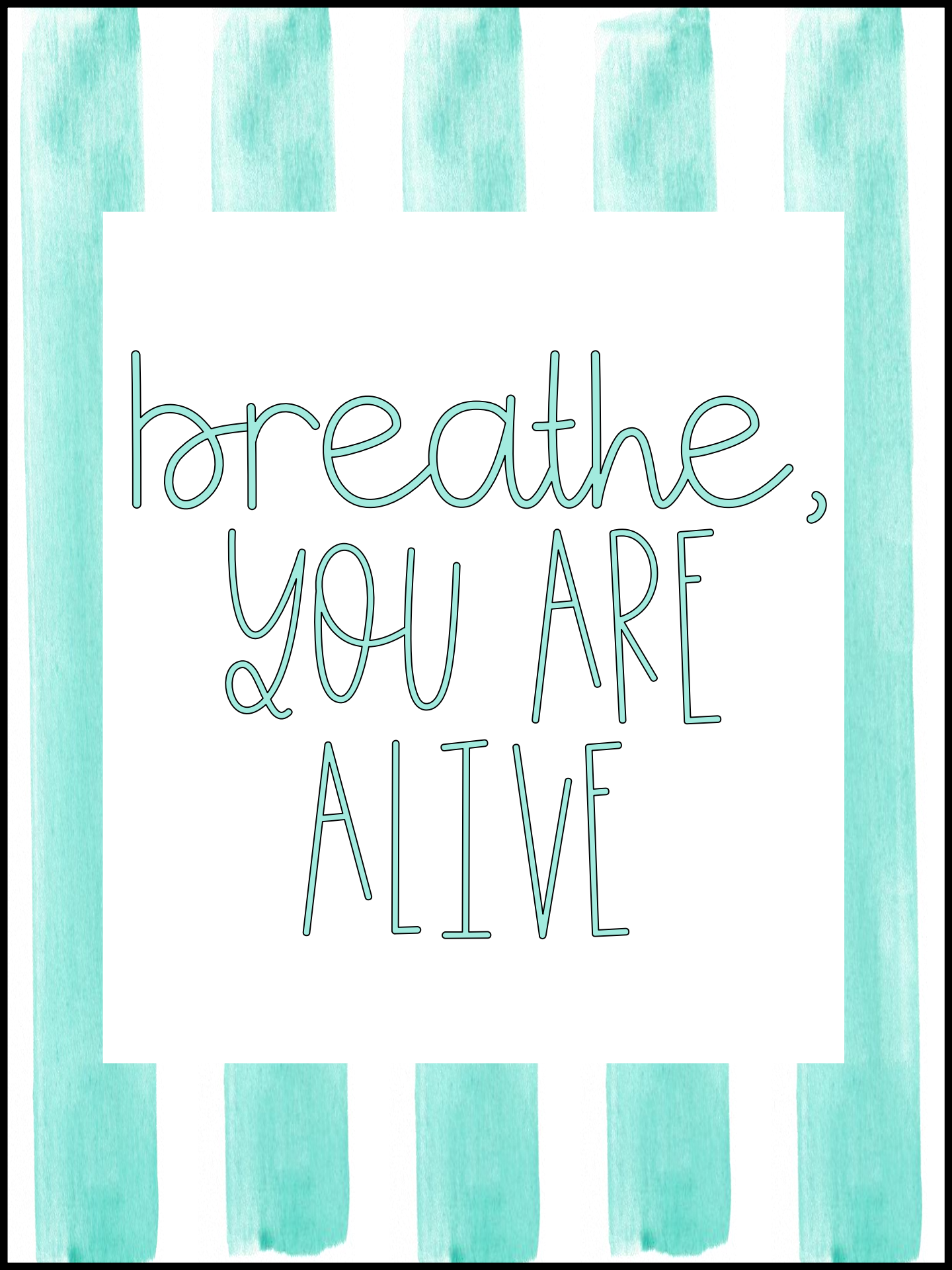


# Teacher's Note:

Almost all of the following quotes are either direct quotes from Thich Nhat Hanh or inspired by the book *Happy Teachers Change the World* by Thich Nhat Hanh and Catherine Weare! It's a definite must read for teachers!



The background of the image consists of several vertical teal brushstrokes of varying widths and heights, creating a textured, artistic border around the central text.

breathe,  
YOU ARE  
ALIVE

breathe



PRESENT  
moment



WONDERFUL  
moment



peace is  
every  
breath

be STILL  
and KNOW





peace  
in yourself

PEACE  
IN THE WORLD



LISTEN  
To  
yourself



let your mind  
become

SPACIOUS

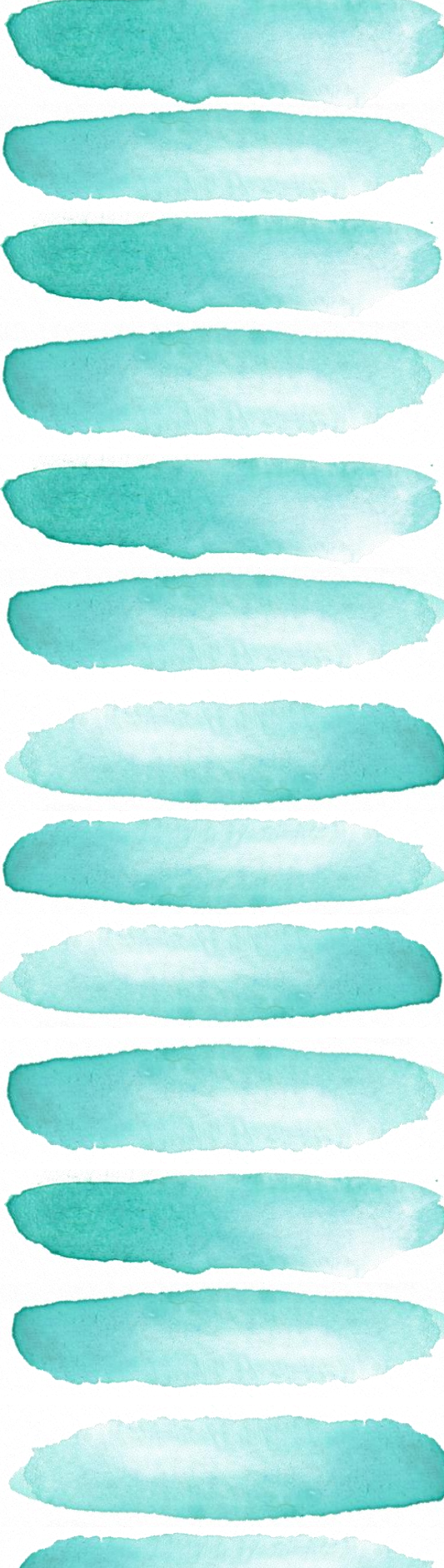
and your heart

become

SOFT & KIND

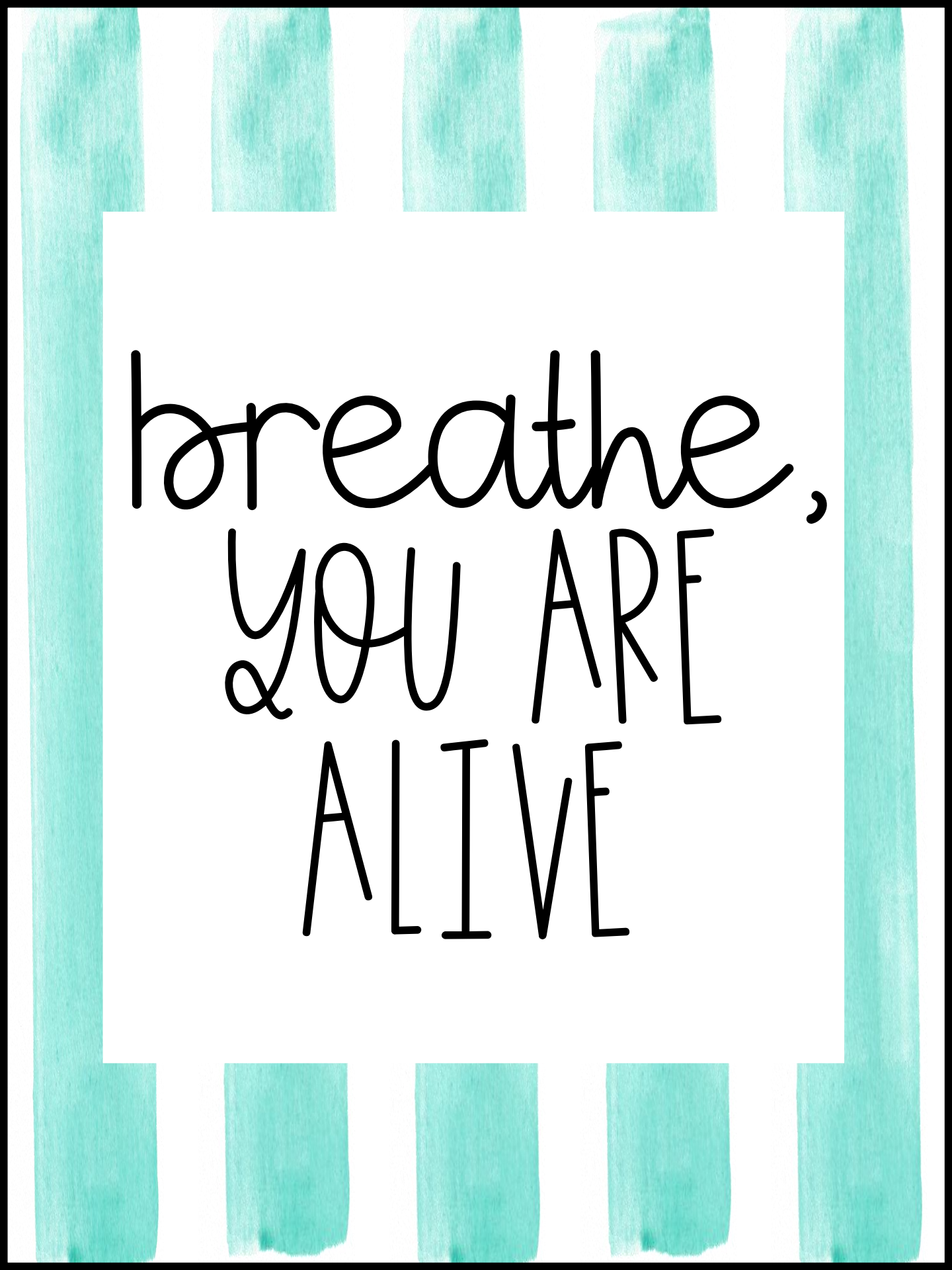


BE  
mindful



when  
your mind  
is CALM

everything  
becomes  
CLEAR

The image features a decorative border made of vertical teal brushstrokes. The strokes are of varying heights and widths, creating a textured, hand-painted effect. The background is white, and the text is centered within this space.

breathe,  
YOU ARE  
ALIVE

here breathe



PRESENT  
moment



WONDERFUL  
moment



peace is  
every  
breath

be STILL  
and KNOW







peace  
in yourself

PEACE  
IN THE WORLD





LISTEN  
To  
yourself

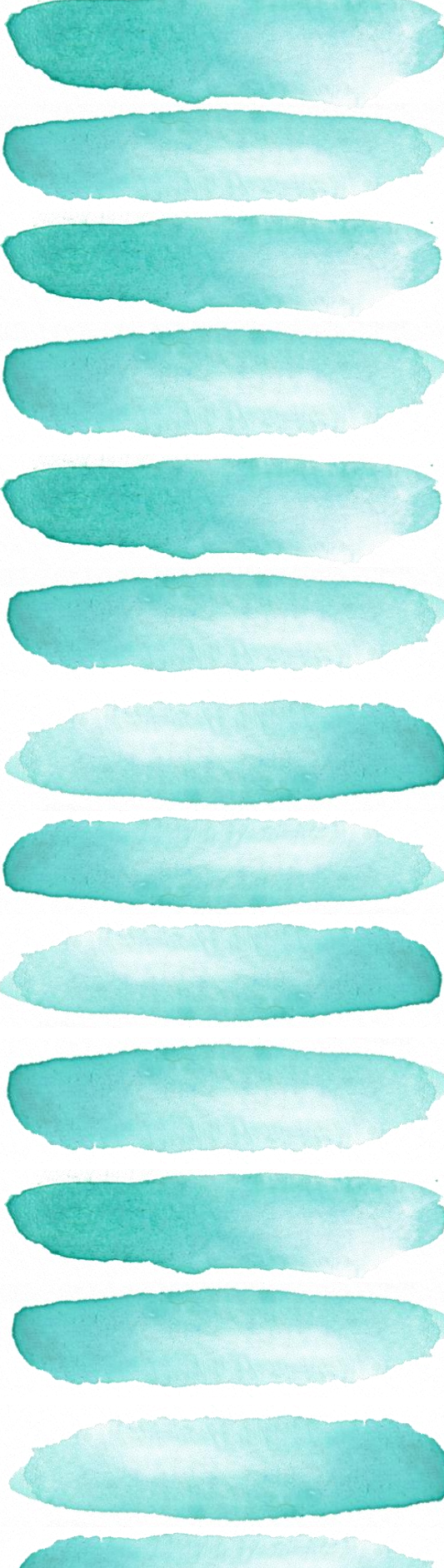
let your mind  
become  
SPACIOUS  
and your heart

become  
SOFT & KIND





BE  
mindful



When  
your mind  
is CALM

everything  
becomes  
CLEAR

breathe,  
YOU ARE  
ALIVE

breathe

PRESENT  
moment

WONDERFUL  
moment



peace is  
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be STILL  
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PEACE  
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LISTEN  
TO  
yourself

let your mind  
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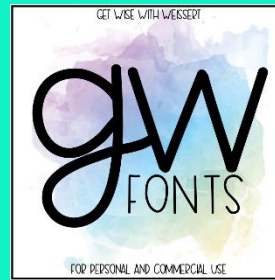
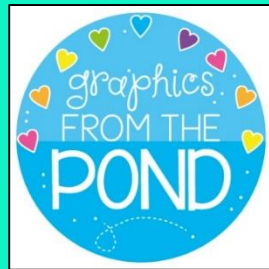
BE  
mindful

when  
your mind  
is CALM

everything  
becomes  
CLEAR

# SHOUT OUT

to these awesome  
artists and creators!!







thank  
you!

I hope you love this product! Please  
leave feedback and earn tpt credits!

If you have any questions,  
comments, suggestions, or  
requests please email me at  
[thehappylittleclassroom@gmail.com](mailto:thehappylittleclassroom@gmail.com)

xo, molly lindhart



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