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*Daydream Mix Read Aloud*  
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*[Kindergarten Mindfulness]*  
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Asleep Faster with Sleep  
Music \u0026amp; Spoken Word  
Hypnosis Relaxing Piano  
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Sounds, Relaxing Music,  
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The Black Pearls of Tahiti –  
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Alexa and Chester learn kindness, compassion and how to share with the help of the magical Mindful Owl, and so will your children by the time they've finished this charming adventure. This gentle reader-participation book playfully imparts mindfulness and self-calming techniques, inviting children to put their new skills into action on every page.

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