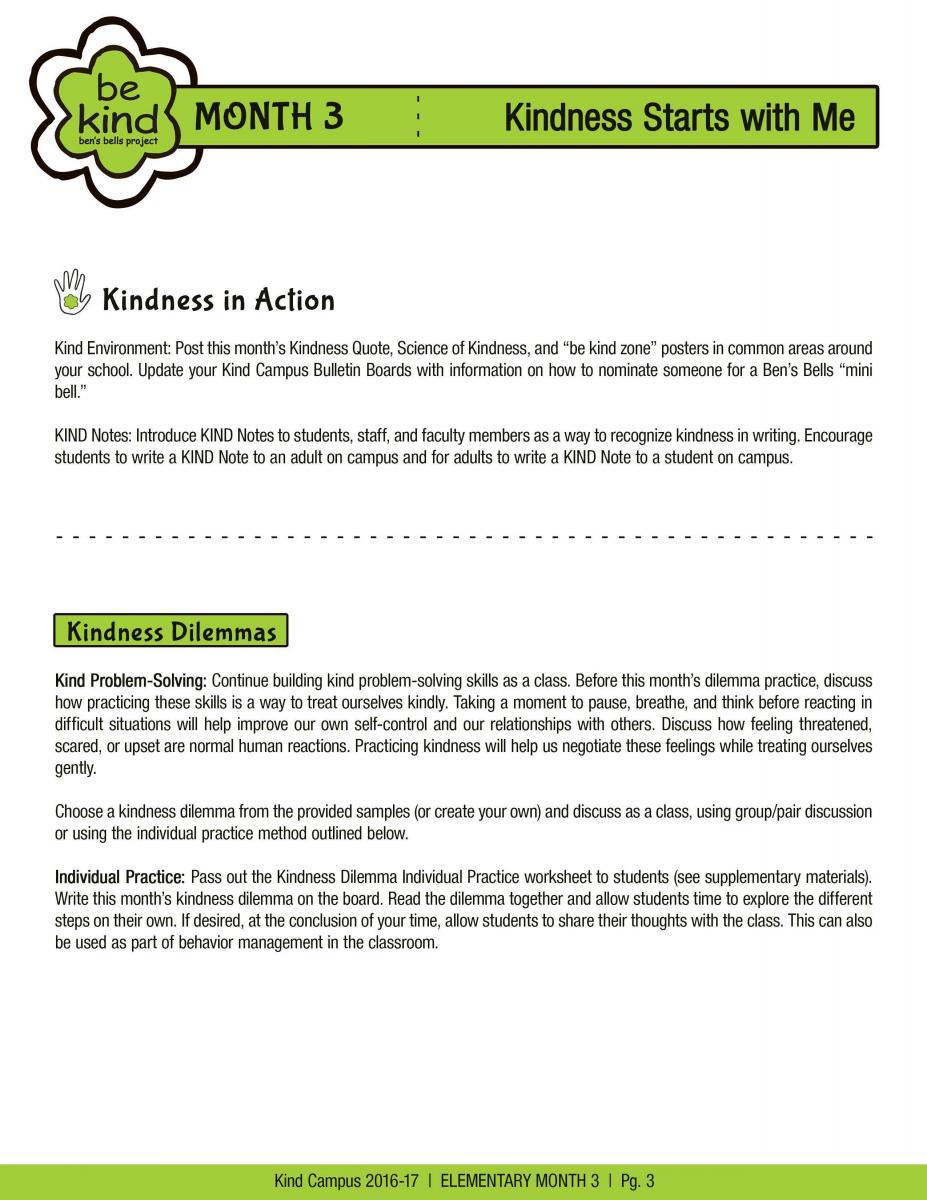
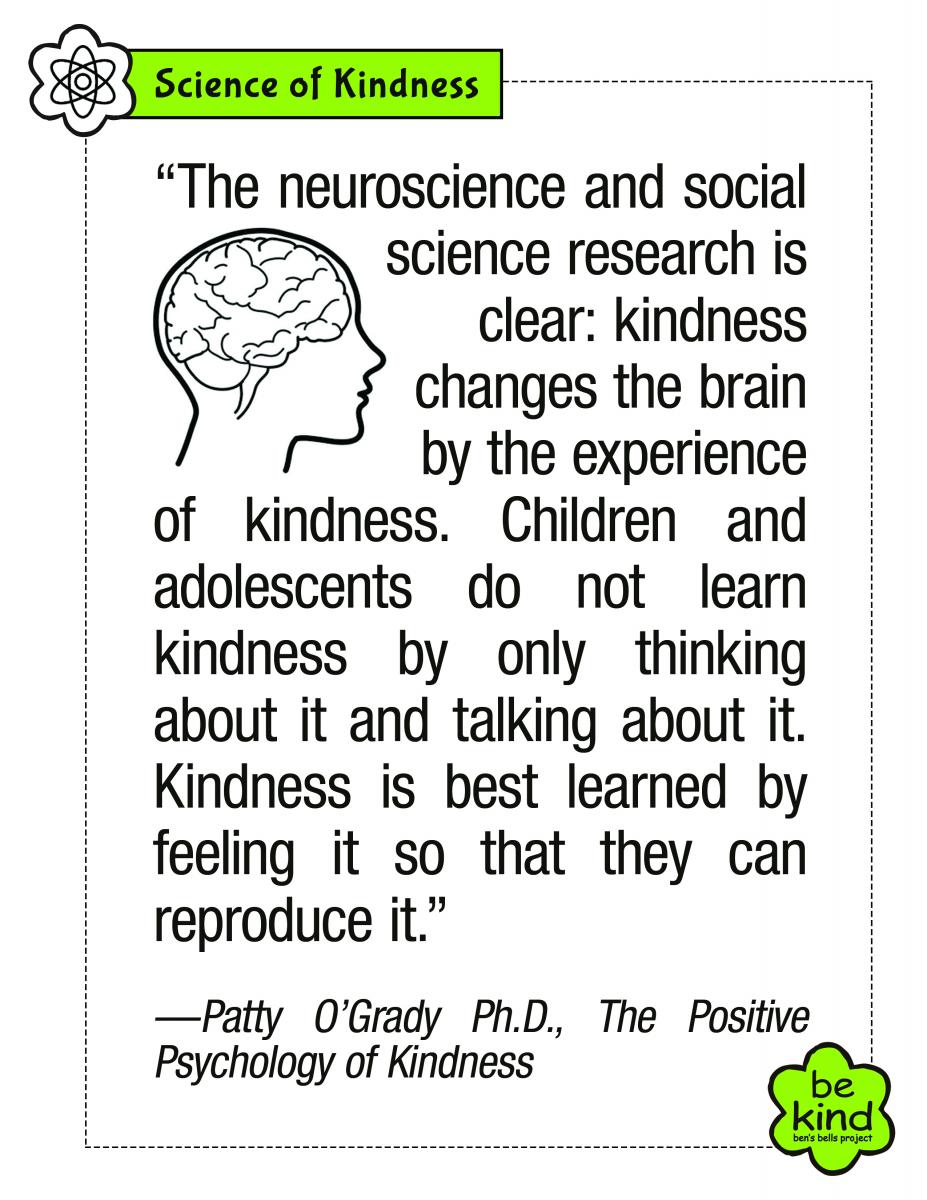
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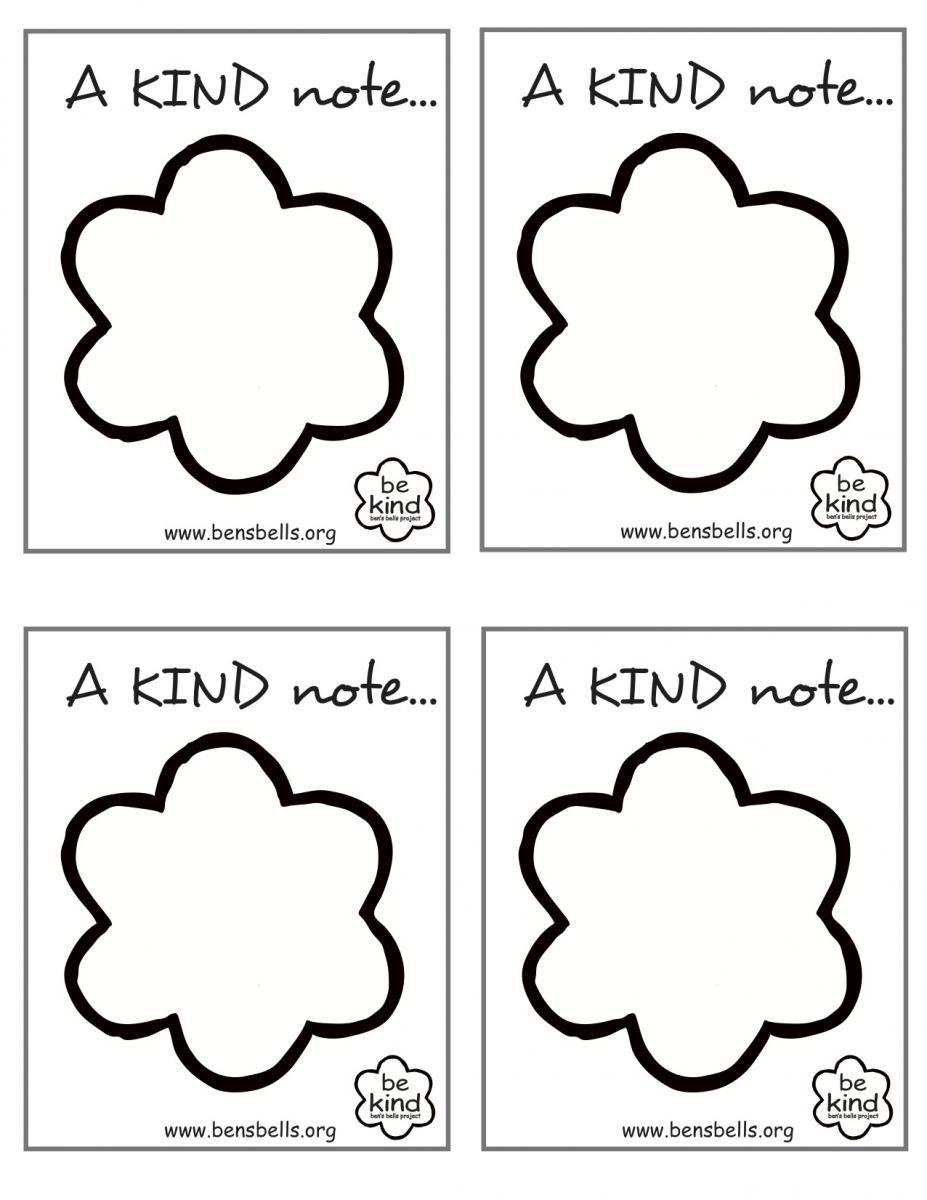
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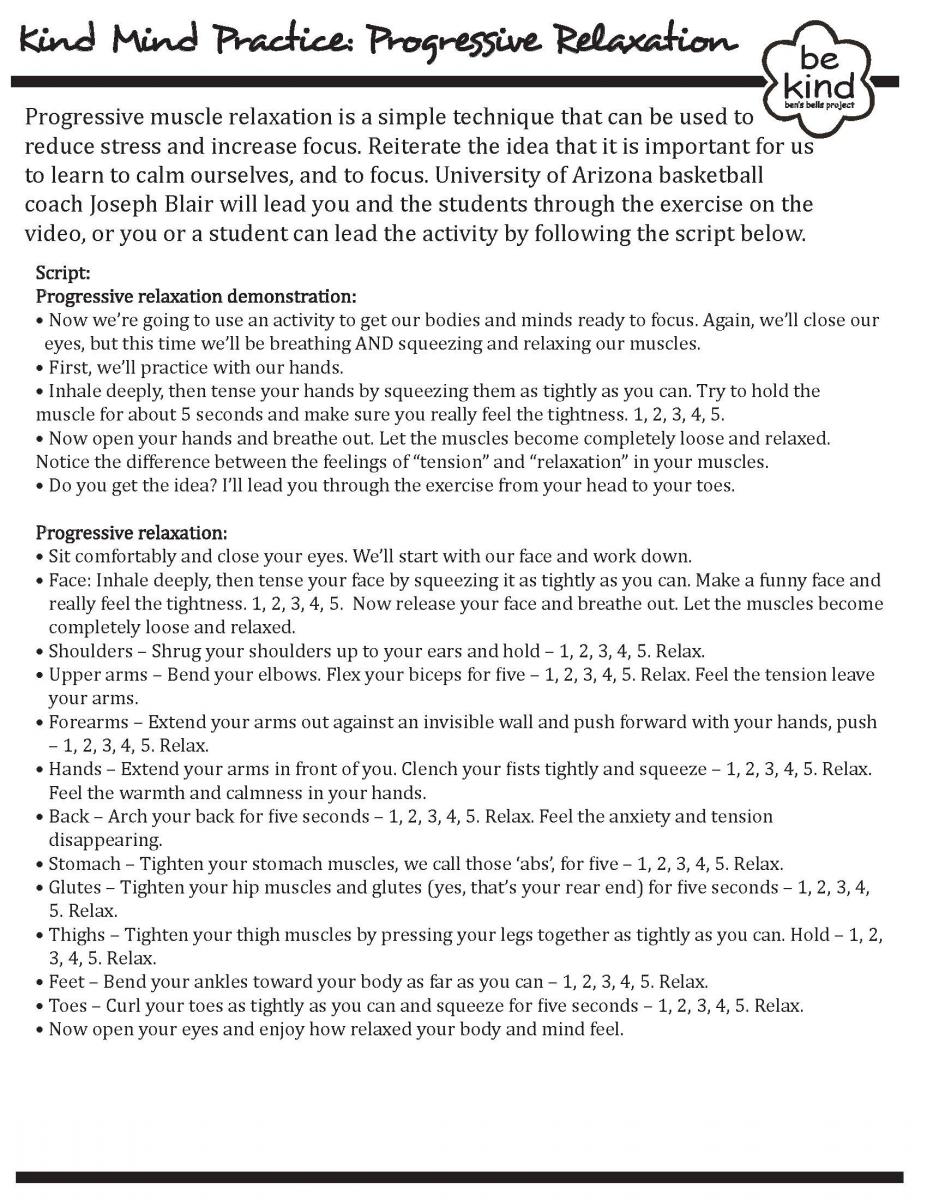
**(See Kind Mind Practice: Progressive Relaxation worksheet for video websites)**

[](https://bensbells.org/sites/default/files/images/Month3_ELEM%2016-17%203.pdf)

[](https://bensbells.org/sites/default/files/images/KindQuotes_Month3_1.pdf)

[](https://bensbells.org/sites/default/files/images/ScienceOfKindness_Month3_0.pdf)

[](https://bensbells.org/sites/default/files/docs/kindcampuskindnotes.pdf)

[](https://bensbells.org/sites/default/files/images/KindMindPracticeProgressiveRelaxationScript_1.pdf)

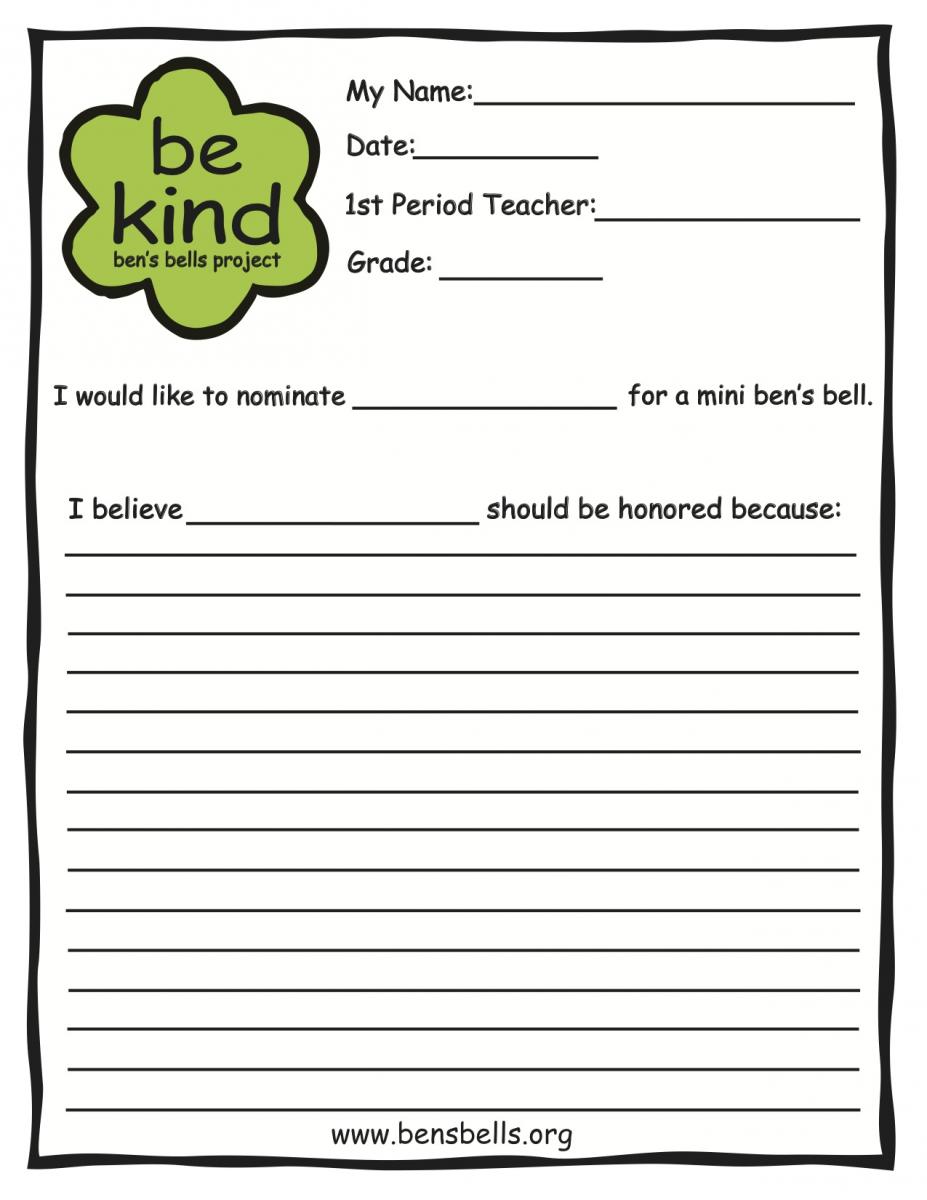
**Kind Mind Practice: Introduction with Joseph Blair** - <https://www.youtube.com/watch?v=A-D4lv_detU>

**Kind Mind Practice: The Importance of Kind Mind Practices** - <https://www.youtube.com/watch?v=lMfRCXwlAoU>

**Kind Mind Practice: Progressive Relaxation Demonstration** - <https://www.youtube.com/watch?v=ZfHFsvYbaN0>

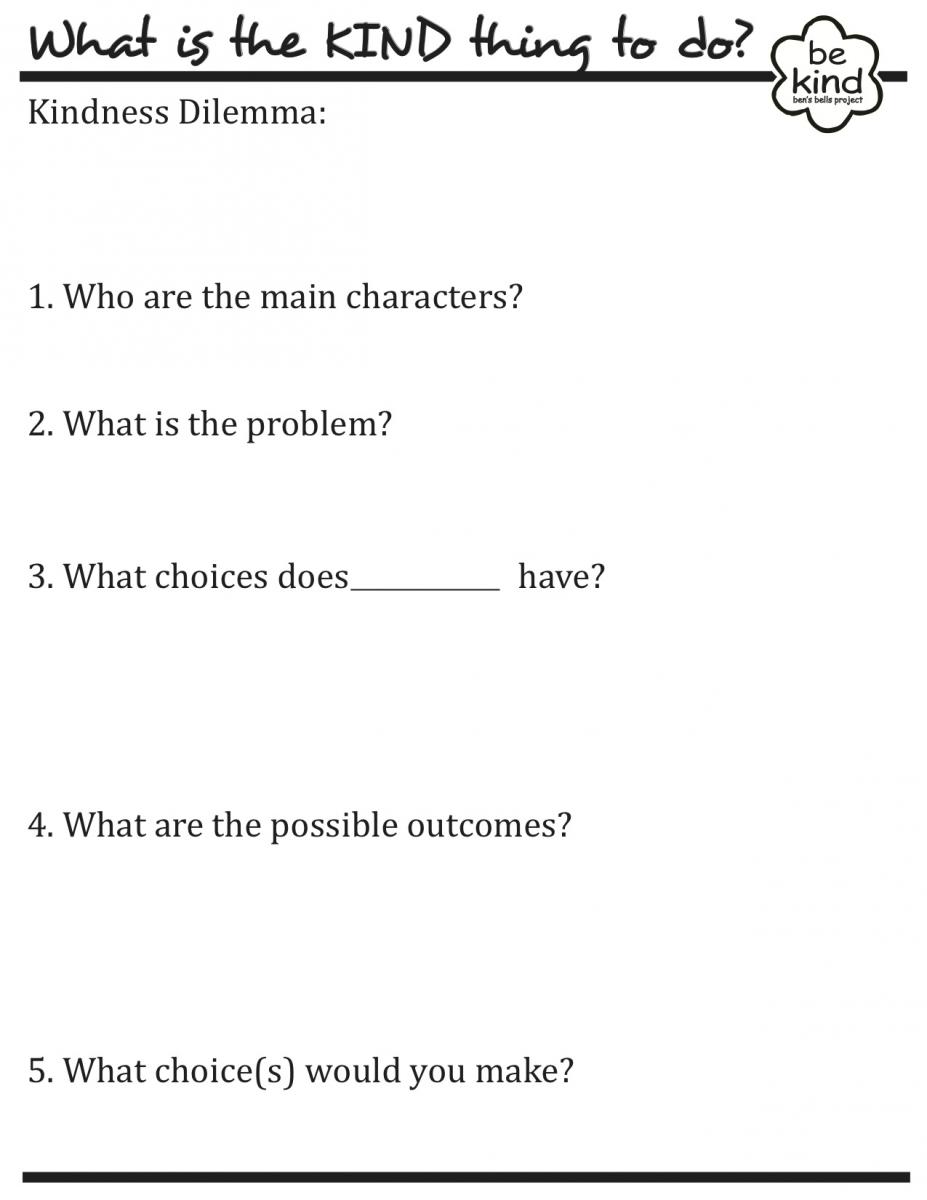
**Kind Mind Practice: Progressive Relaxation** - <https://www.youtube.com/watch?v=X5fDRxOtq8g>

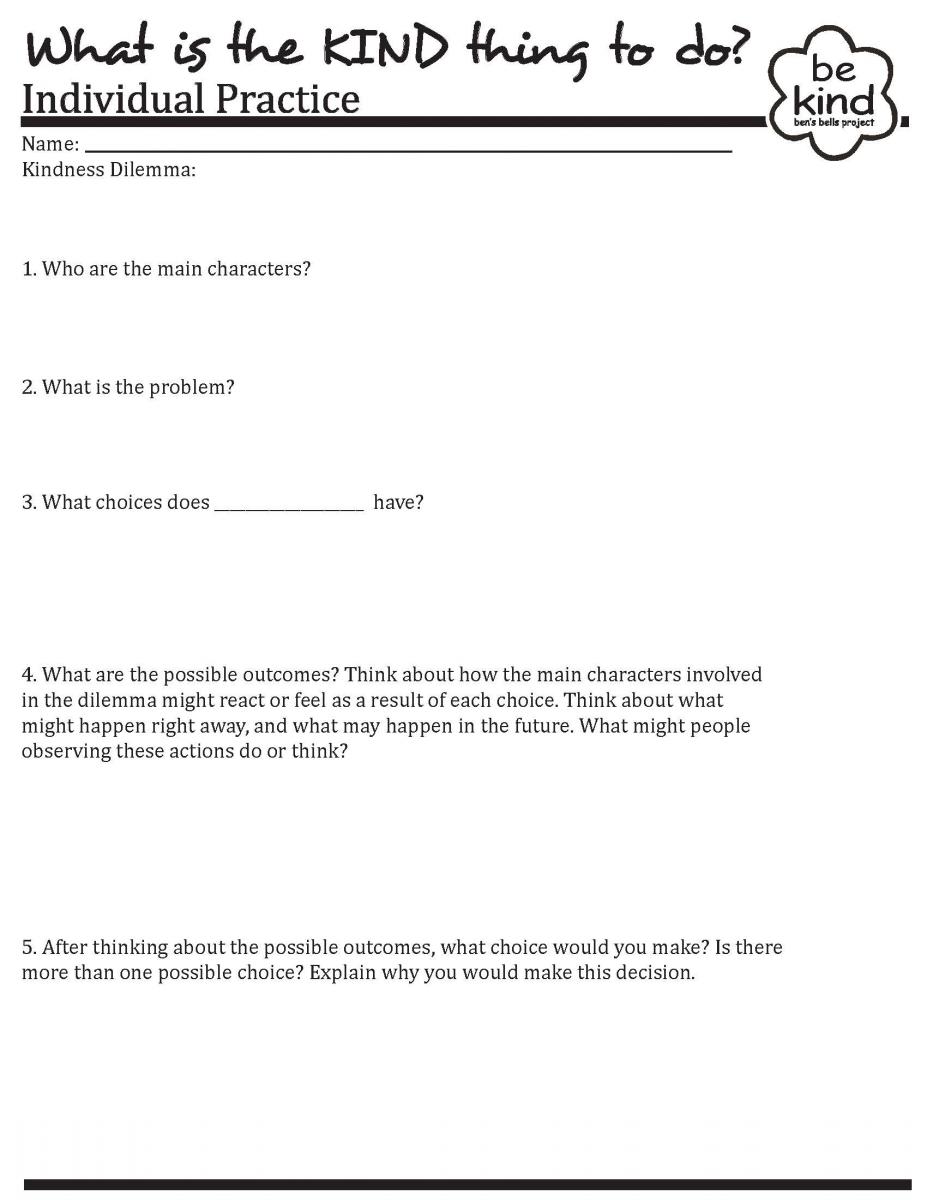
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[](https://bensbells.org/sites/default/files/images/kindnessdilemmaindividualpractice.pdf)