

Mindful in cursive

Copy the black model, trace the dashed copies, then write it on your own.

mindful

1. TRACE AND COPY MINDFUL

mindful *mindful* *mindful*

mindful *mindful* *mindful*

2. WITH A CAPITAL LETTER: MINDFUL

Mindful *Mindful* *Mindful*

3. SMALLER LINES, LIKE EVERYDAY WRITING

mindful *mindful* *mindful* *mindful*

mindful *mindful* *mindful* *mindful*

4. WRITE MINDFUL ON YOUR OWN

5. WRITE A SENTENCE WITH THE WORD