





A close-up photograph of a sandy beach with gentle waves washing onto the shore. The sand is a light tan color, and the water is a pale, foamy blue. The overall mood is calm and serene. The word "Mindfulness" is written in a large, white, rounded font with a thick blue outline, centered across the middle of the image. The text is partially obscured by the waves and sand. There are several small, white, dotted lines scattered across the image, particularly around the text and in the lower right corner.

Mindfulness



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Save the Children