



Little Seeds of Mindfulness



# MY LITTLE CERTIFICATE OF BIG HEARTS



♥ Volume 1 — My Little Library of Big Feelings ♥

Awarded to:

For noticing feelings, naming them with care,  
and learning that every feeling is safe to feel.

By finishing your Library of Big Feelings,  
you planted little seeds of awareness,  
understanding, and kindness. Yay! You did it!



Keep growing, little sprout!

Date: \_\_\_\_\_



♥ With love, Alia Sallam ♥  
Founder of Little Seeds of Mindfulness

