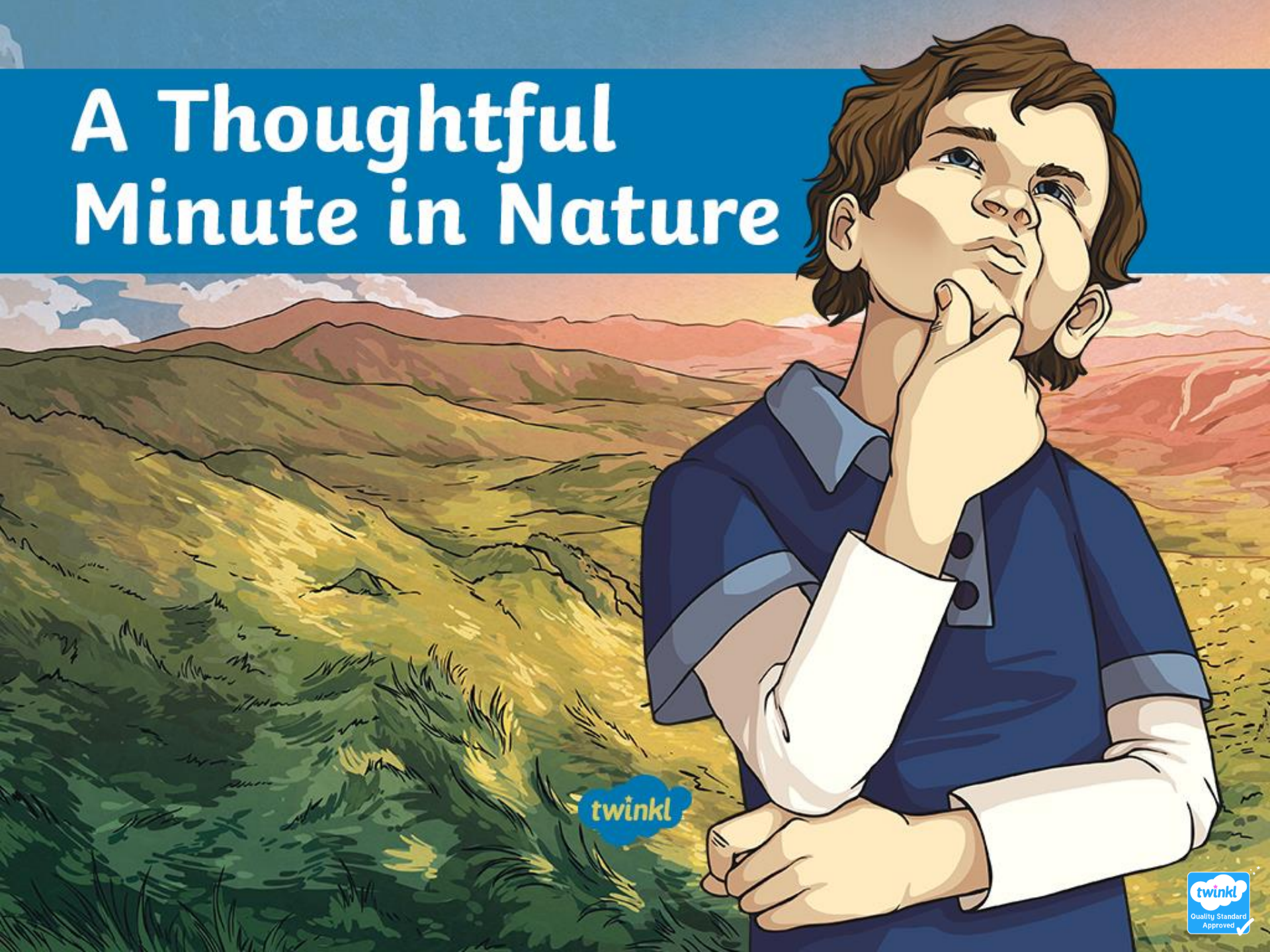
A Thoughtful Minute in Nature



This presentation will last for **1 minute**.

This is time for you to sit silently and reflect.

You might want to think about things that are important to you or you might want to think about other people.

You do not need to tell anyone what you will think about as this is your thoughtful minute.

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