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ONE MINDFULLY Do One Thing At A Time. When You Are Eating ... Walk. When You Are Bathing, Bathe. When You Are Working, Work. When You Are In A Group, Or A Conversation, Focus Your Attention On The Very Moment You Are In With The Other Person. When You Are Thinking, Think. When You Are Worrying, Worry. When You Are Planning, Plan. When You Are Remembering, Rem Feb 5th, 2024 If The Student Pauses For Longer Than 3 Seconds Or Takes ... A Word, It's OK. Just Do The Best You Can. A Note About The Word Reading 1: If The Student Scores 0 On This Task, The Teacher Has The Option To Skip The Following Word Reading Sections And Continue

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