

**WE SMUDGE OUR EYES SO WE CAN SEE GOOD THINGS.
WE SMUDGE OUR MOUTH SO WE CAN SAY GOOD THINGS.
WE SMUDGE OUR EARS SO WE CAN HEAR GOOD THINGS.
WE SMUDGE OUR FEET SO WE CAN WALK IN A GOOD WAY.
WE SMUDGE OUR MIND SO WE CAN THINK IN A GOOD WAY.
WE SMUDGE OUR HEART SO WE CAN LOVE IN A GOOD WAY.**



Illustration by Jeanne Bowman



"Our first teacher is our own heart."
-Cheyenne Proverb



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