



Name:


Date:


Relaxing Activity

Some friends were upset when they could not do anything fun because of the rain. How do you relax when you are upset? Try the below instructions to relax yourself when you get upset. Ensure you are on an empty or light stomach.

	<ol style="list-style-type: none">1.Go to the floor on all fours.2.Take a deep breath through your nose.3.Open your mouth as big as you can.4.Open your eyes wide and stick your tongue out.5. Roar.
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	<ol style="list-style-type: none">1.Breathe in.2.Breathe out with your mouth closed while you hum like a bee.3.Repeat this breathing sequence for a few minutes.
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	<ol style="list-style-type: none">1.Kneel on all fours.2.Breathe in as you lift your chin and tilt your head back.3.Breathe out while you slowly raise your back to the ceiling and lower your head.
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	<ol style="list-style-type: none">1.Lie on your tummy.2.Fold your arms above your shoulders and rest your head on them.3.Breathe in, breathe out and relax.
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