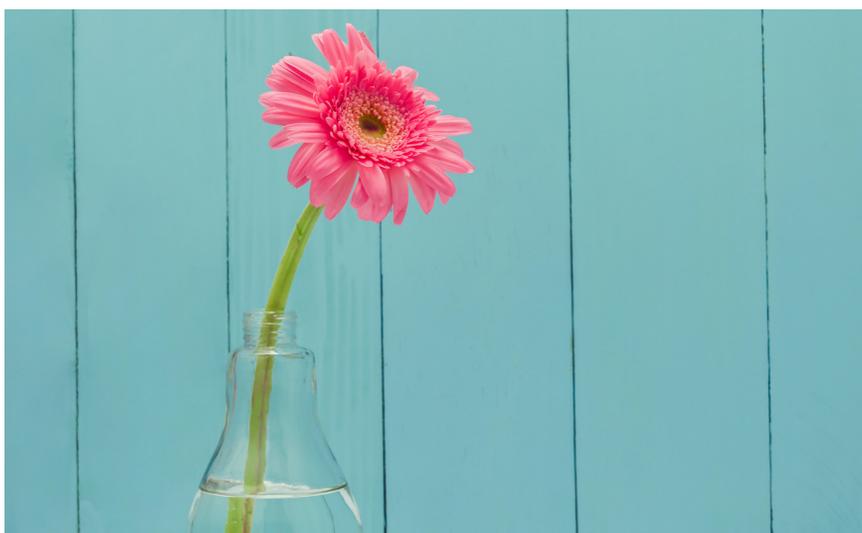


Relaxation activities



Petal breathing

Look at your hand. Imagine it is a flower and your fingers are the petals. As you breathe in, close the petals so they touch and as you breathe out open the petals as wide as you can. Repeat 20-30 times.

Imagination

Use your imagination to create a place of total relaxation!

You might want to use paper or pens or words to create a calm, relaxing place.



The worry tree

Work your way through the worry tree by following the arrows. You could write, think or say your answer.

