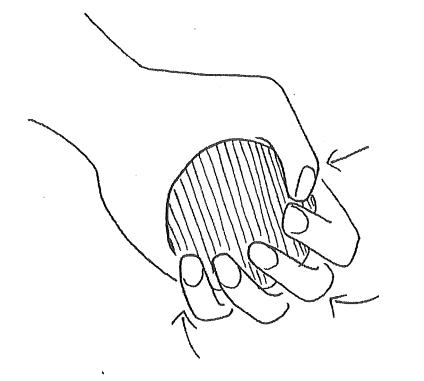
## My Relaxation Book

Place child's picture here.

• Hold the ball and squeeze tight.

Now let go, relax....



2. Make a "monster" face.

Now let go, relax....

