

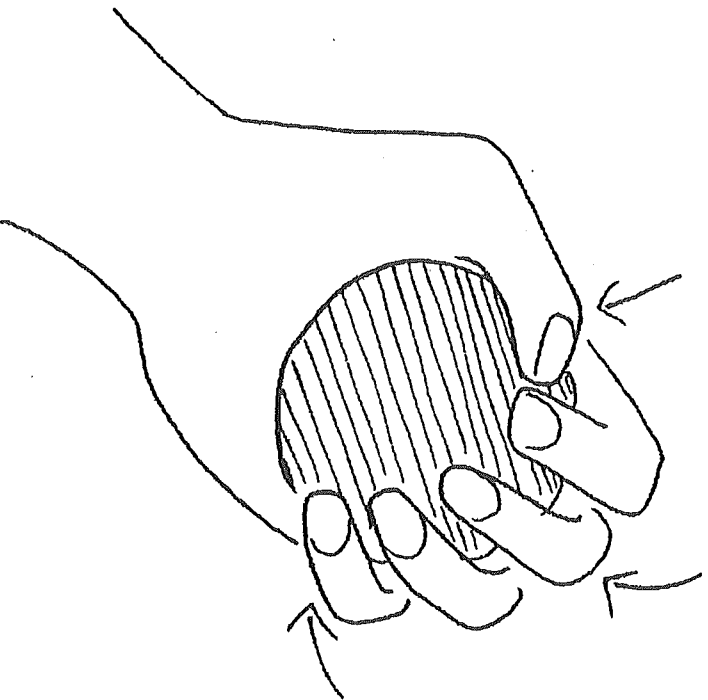
My Relaxation Book

Place child's picture here.

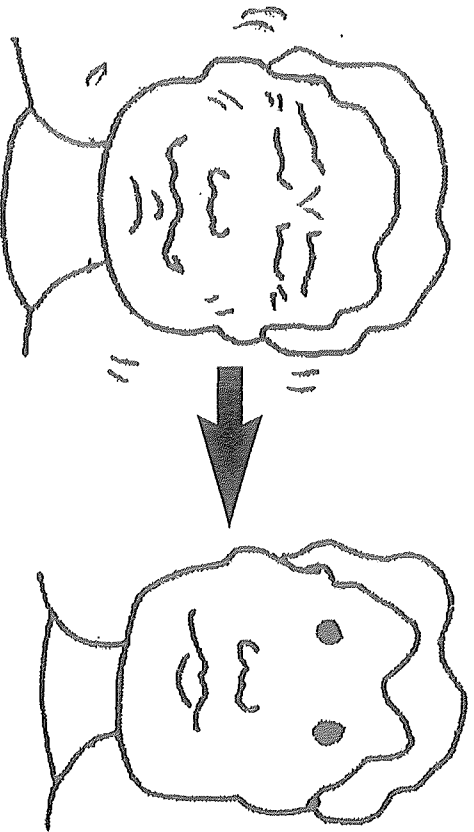
Name: _____

1. Hold the ball and squeeze tight.

Now let go, relax.....

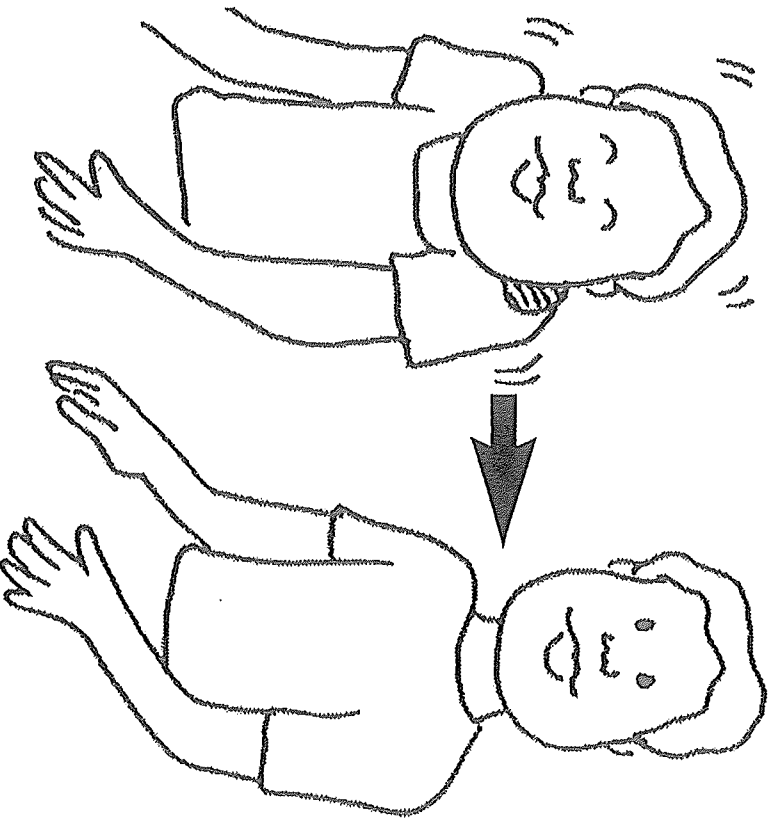


2. Make a "monster" face.



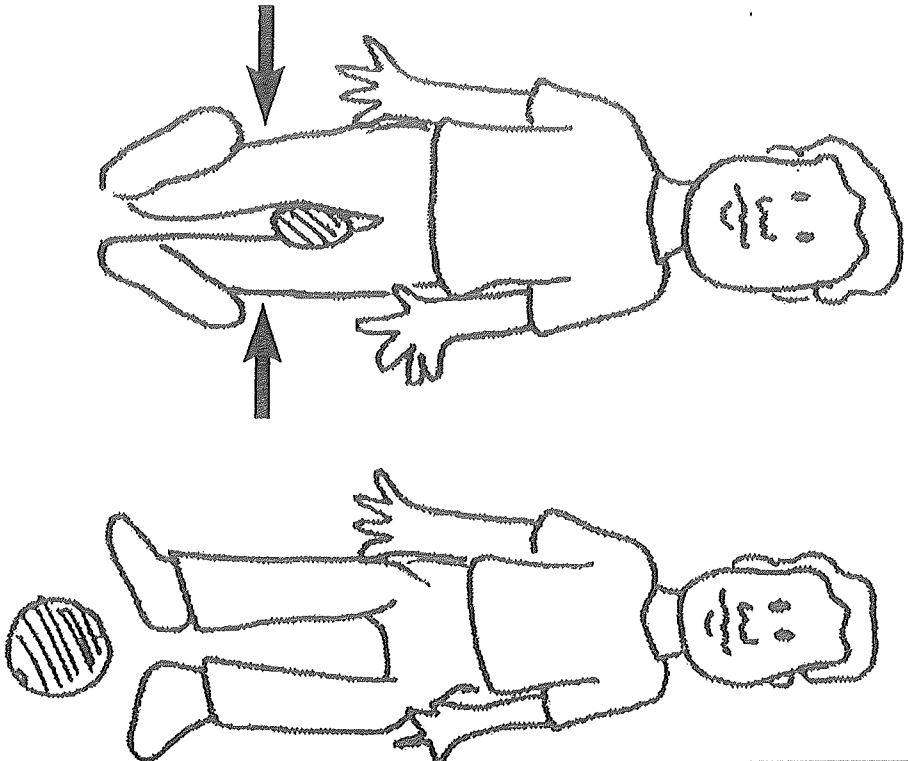
Now let go, relax.....

3. Squeeze the ball with your shoulders.



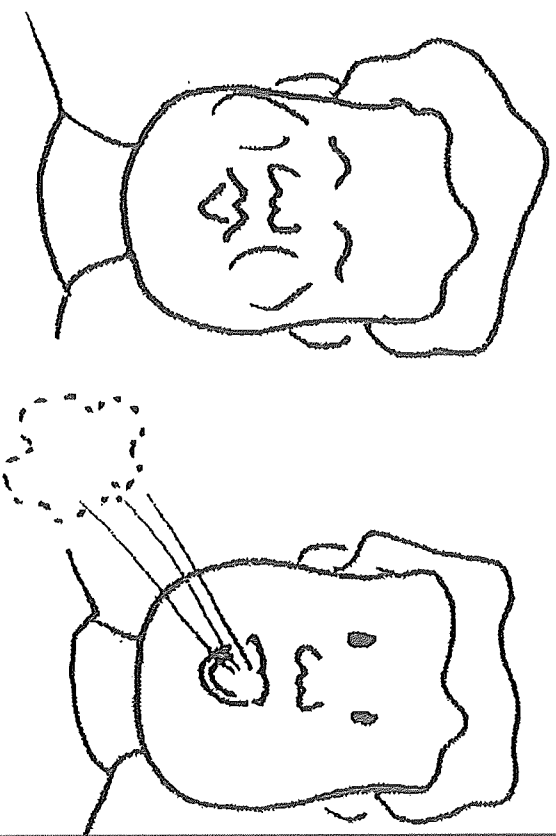
Now let go, relax.....

4. Squeeze the ball with your knees.



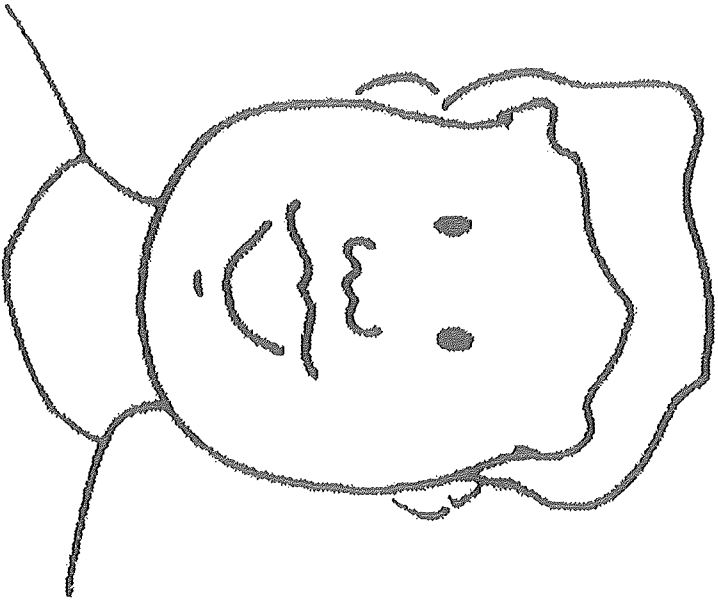
Now let go, relax....

5. Now hold your breath.



Blow out and relax....

**6. Now you are nice
and relaxed.**



I did a good job.

