

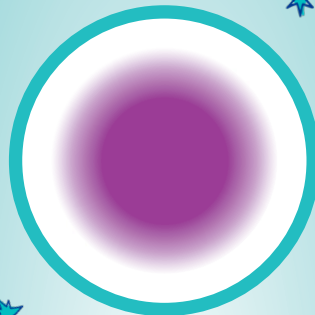
PINWHEEL BREATHING

Imagine you are holding a pinwheel. Take in a deep breath before you push out a breath to make the pinwheel spin. Do it three times.



BODY SCAN

Starting at the top of your head, relax each part of your body—your scalp, your shoulders, your hands, and so on—until you get to your toes. Notice which parts need more relaxing than others.



GLOWING BALL

Close your eyes and breathe gently through your nose. Imagine a glowing ball growing larger and smaller as you breathe in and out.



PRETZEL SITTING

Cross your legs and sit quietly for a moment. If you want to, put your hands on your opposite elbows and give yourself some squeezes.



COLOR, DRAW, OR SCRIBBLE

Find a quiet space and use your pencil, pen, or other art supplies to relax your mind and body by coloring, drawing, doodling, or scribbling.

