




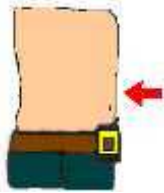

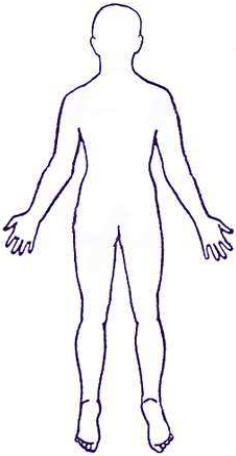


## Relaxation Exercises

Area of Body	Exercise
<p data-bbox="236 409 464 454">BREATHING</p> 	<p data-bbox="592 409 1166 454">Breathe in and count to two slowly</p> <p data-bbox="592 499 1193 544">Breathe out and count to four slowly</p>
<p data-bbox="236 712 373 757">HANDS</p> 	<p data-bbox="592 712 778 757">Make a fist</p> <p data-bbox="592 801 1007 846">Then open the fist slowly</p>
<p data-bbox="236 943 352 987">ARMS</p> 	<p data-bbox="592 943 858 987">Bend your arms</p> <p data-bbox="592 1032 1034 1077">The relax them back down</p>
<p data-bbox="236 1223 475 1267">SHOULDERS</p> 	<p data-bbox="592 1223 1203 1267">Move your shoulders up to your ears</p> <p data-bbox="592 1312 863 1357">Then relax them</p>
<p data-bbox="236 1608 341 1653">LEGS</p> 	<p data-bbox="592 1608 1347 1653">Point your toes downwards. Then relax them</p> <p data-bbox="592 1697 1299 1742">Point your toes upwards. Then relax them.</p>

Area of Body	Exercise
<p>STOMACH</p> 	<p>Breathe in and make your stomach tight</p> <p>Breathe out slowly and relax it</p>
<p>FACE</p> 	<p>Shut your eyes tightly. Then relax them</p> <p>Wrinkle your nose up. Then relax it</p> <p>Bite your teeth together. Then relax them</p>
<p>YOUR WHOLE BODY</p> 	<p>Think of your hands and let them relax more</p> <p>Think of your arms and let them relax more</p> <p>Think of your shoulders and let them relax more</p> <p>Think of your legs and let them relax more</p> <p>Think of your stomach and let them relax more</p> <p>Think of your face and let it relax more</p>
<p>BREATHING</p>	<p>Breathe in and count to 3. Breathe out slowly. Open your eyes.</p>