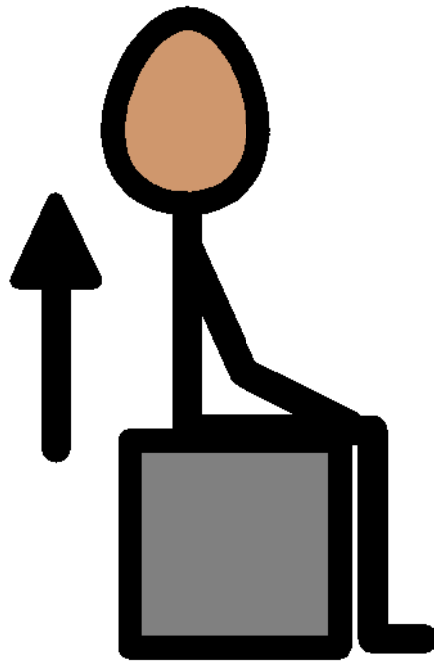
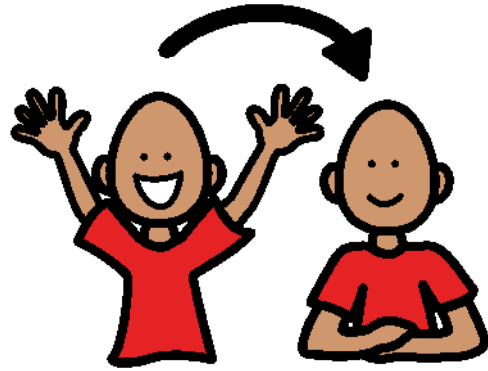
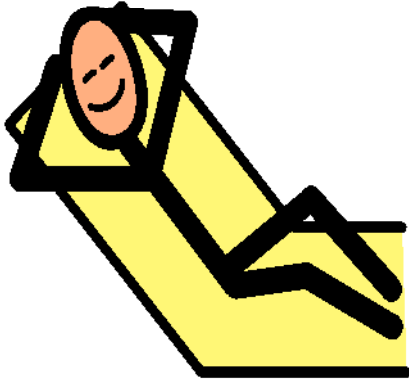
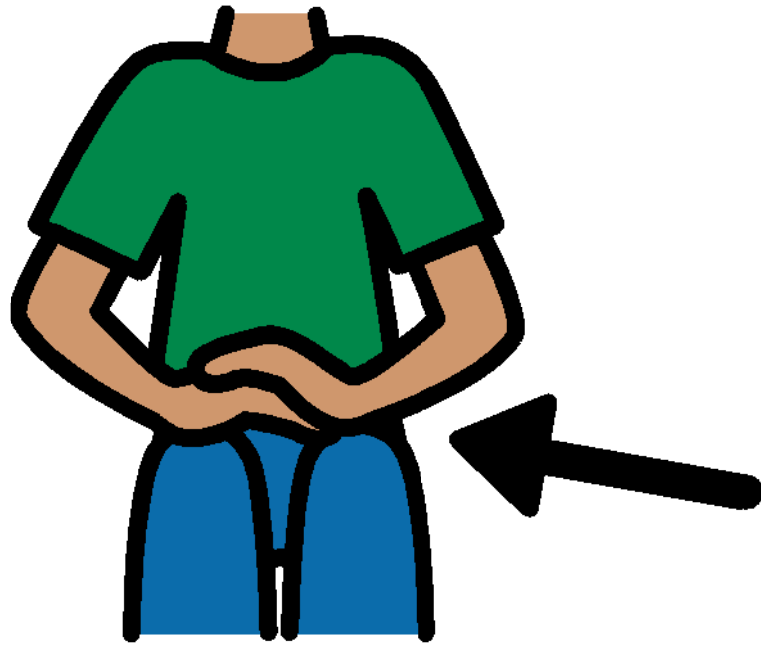


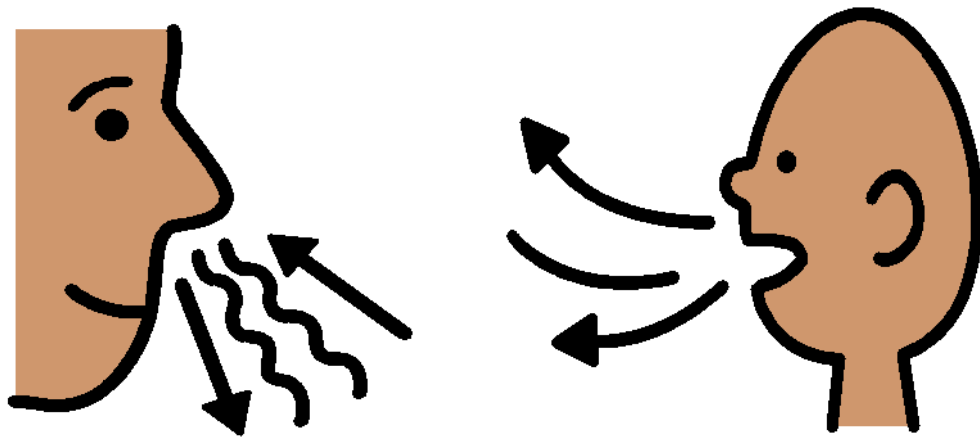
Calm Down Book



Sit with your feet on the floor, bottom on the seat

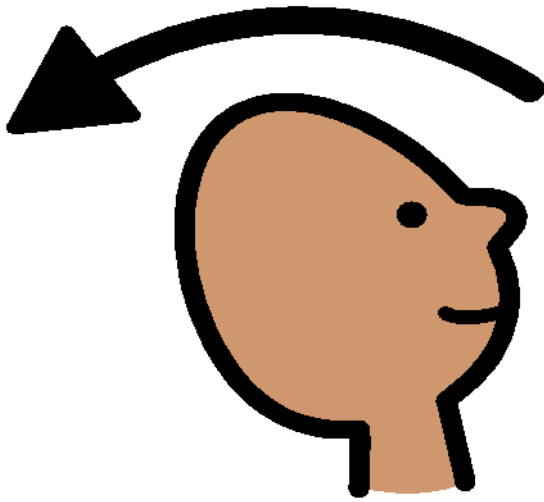


Put your hands in your lap...

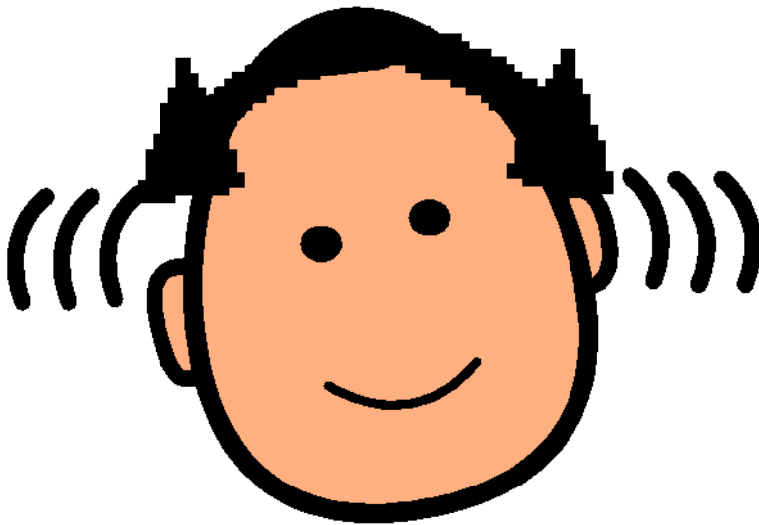


SLOWLY take three deep breaths

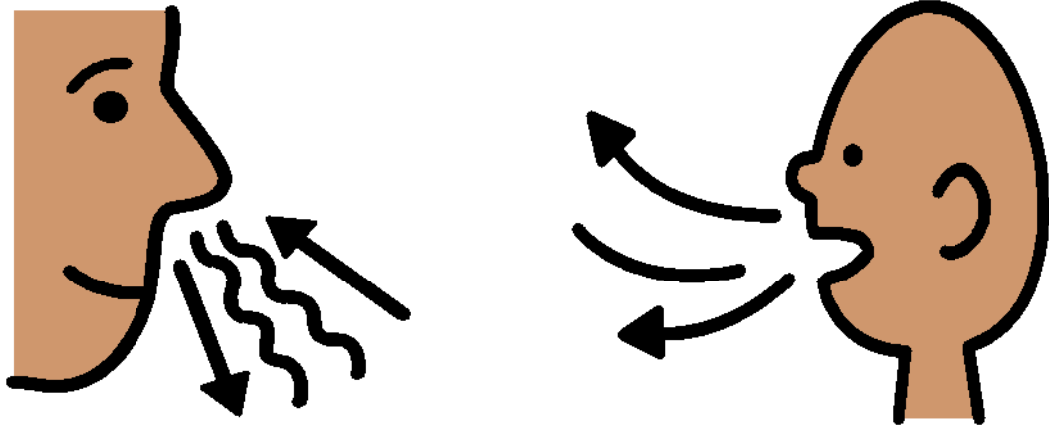
In through your nose,
Out through your mouth
1...2...3... Good!



Gently rock your head forward and
back
1... 2... 3..... Good!

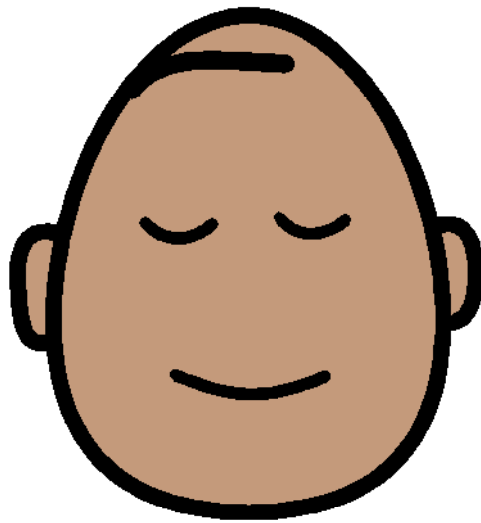


SLOWLY move your head from side
to side 1... 2... 3... Good!



SLOWLY take three deep breaths

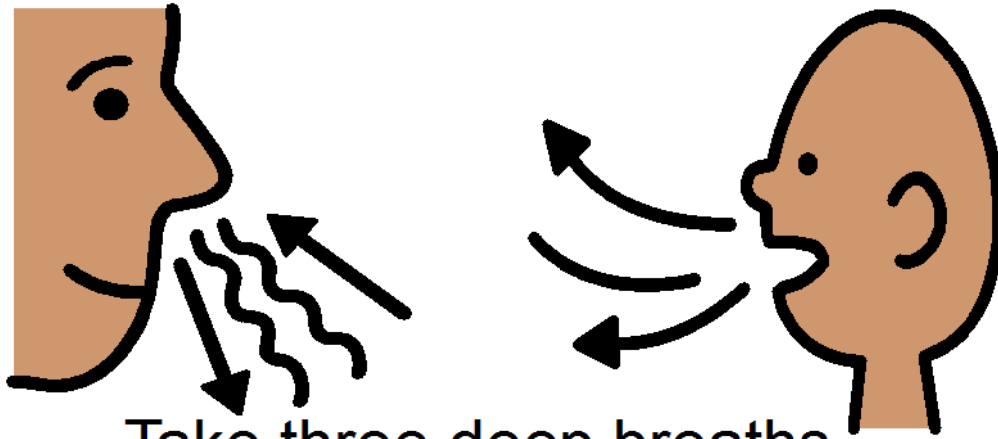
In through your nose,
Out through your mouth
1...2...3... Good!



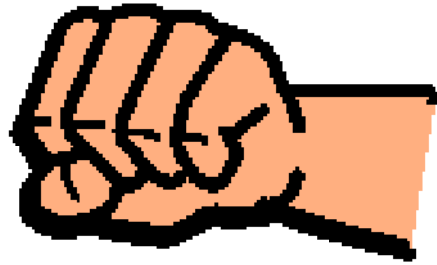
Close your eyes and squeeze them shut
Squeeze tight.... tight,... tight...
And RELAX.



Open your mouth wide
Open.... Open... Open...
And RELAX

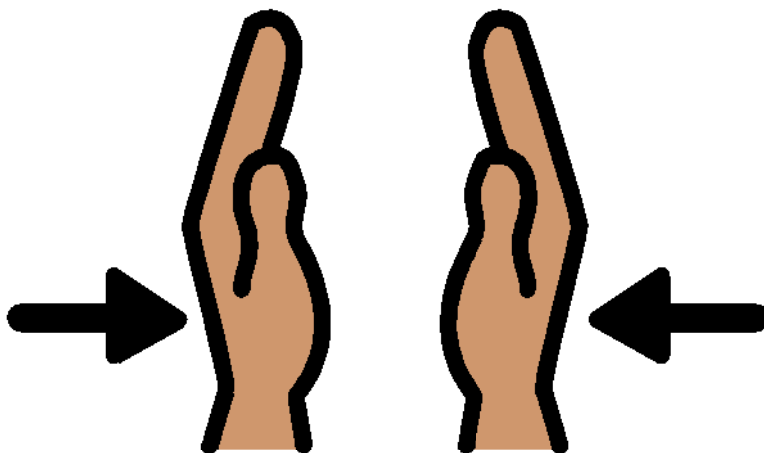


Take three deep breaths
In through your nose,
Out through your mouth
1...2...3... Good!

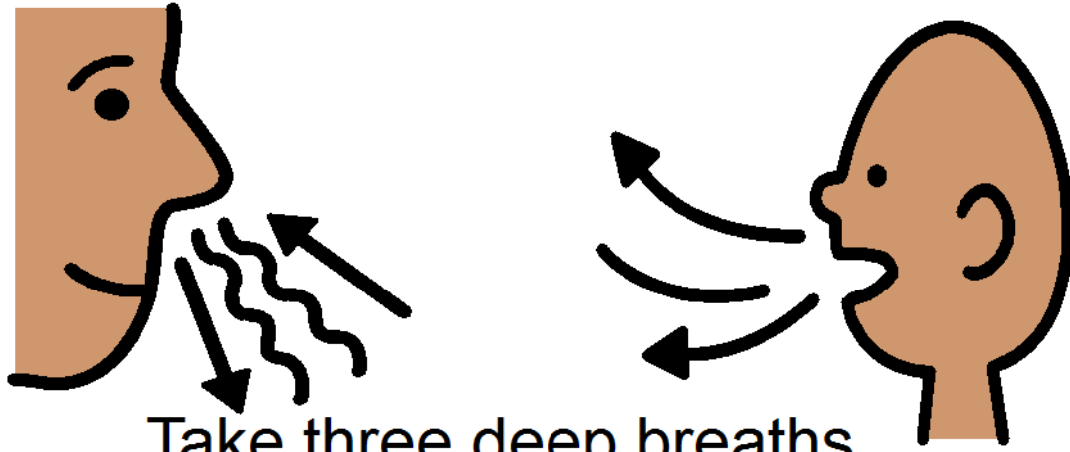


Make a fist with both hands
Squeeze..... tight.....tight..... tight....

And RELAX.

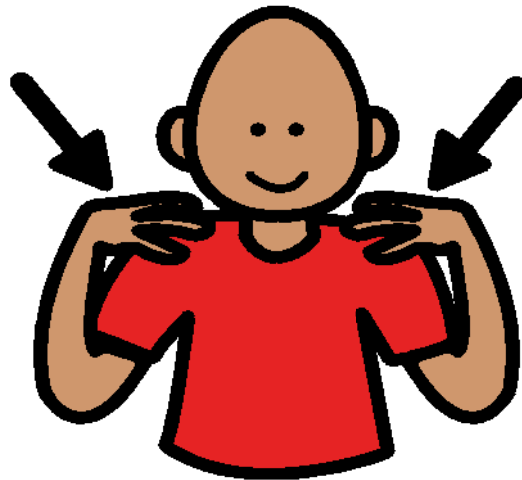


Push your hands together
Tight... Tight... Tight...
And RELAX



Take three deep breaths
In through your nose,
Out through your mouth

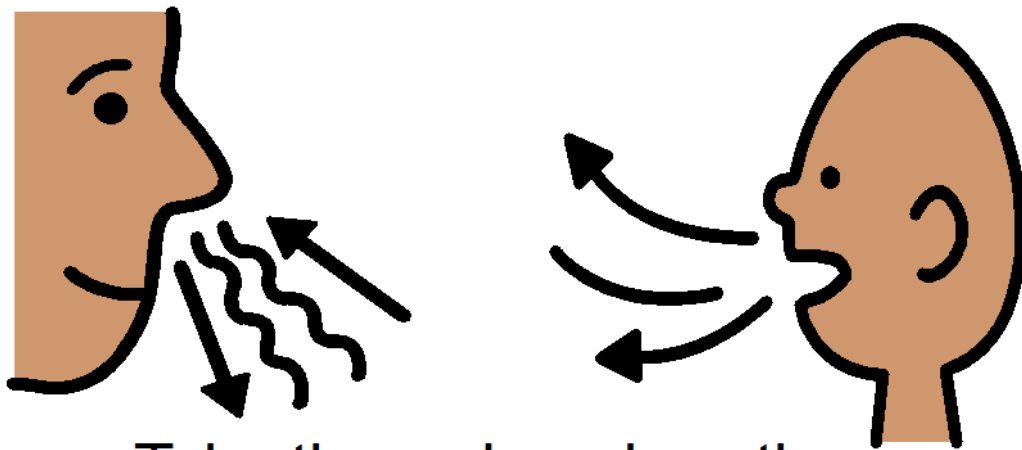
1...2...3... Good!



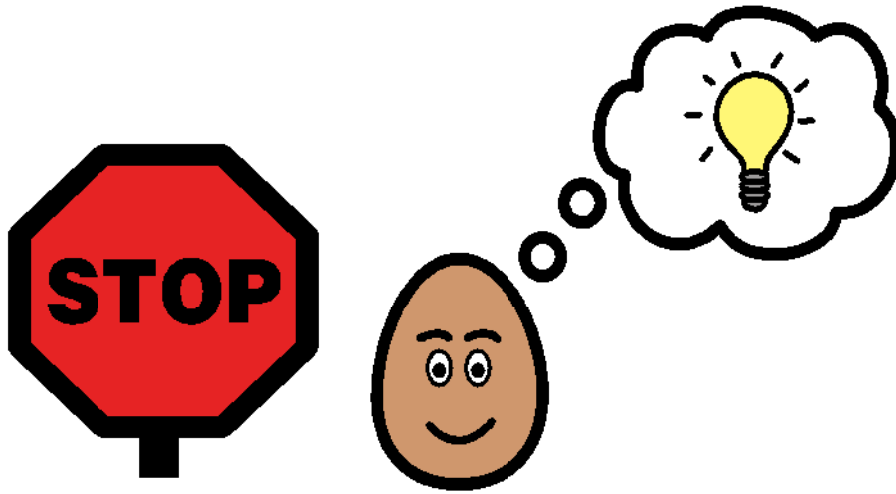
Bring your shoulders up to your ears...
Tight...tight...tight...
And RELAX



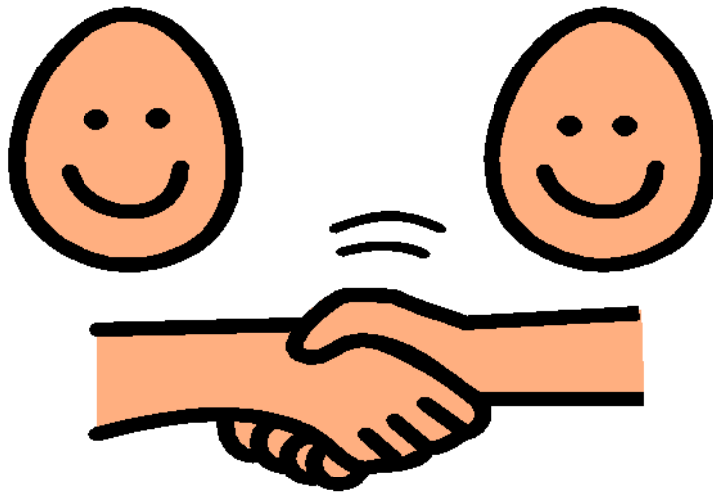
Stand up and wiggle your whole body
Wiggle... Wiggle... Wiggle...
And RELAX



Take three deep breaths
In through your nose,
Out through your mouth
1...2...3... Good!



Stop and think
What is next?
What am I working for?



Well done!
FINISHED

