


# Grades 1-3: Relaxing



Decide if you need to relax.

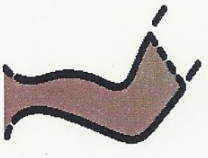
Take three, slow deep breaths.



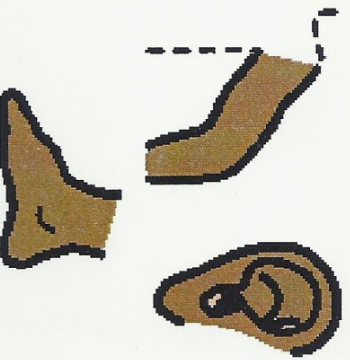
1  
2  
3

Tighten one part of your body. Count to three. Relax.

1 - 2 - 3



Continue this for each part of the body.



Ask yourself how you feel.

