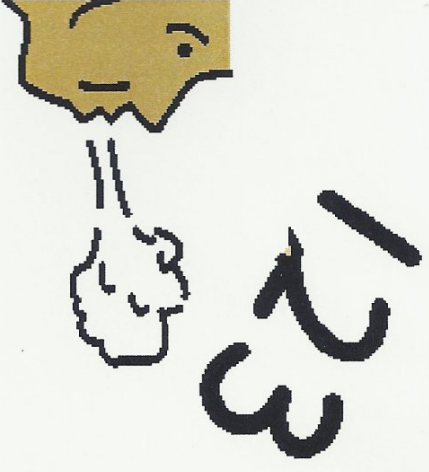


Grades 4-5: Relaxing

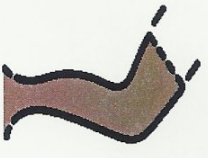


Decide if you need to relax.

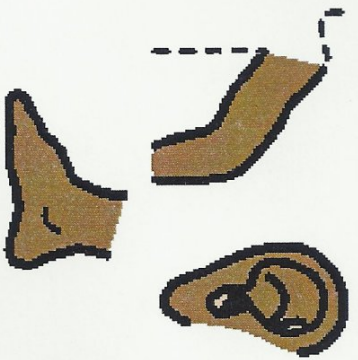
Take three, slow deep breaths.



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.