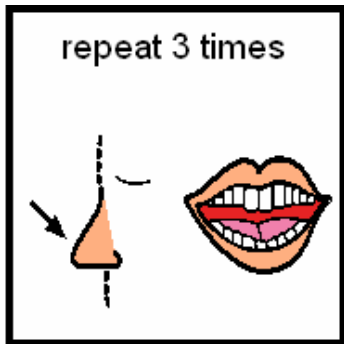
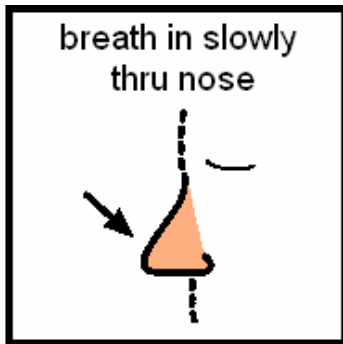
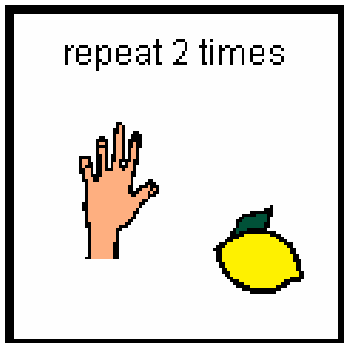
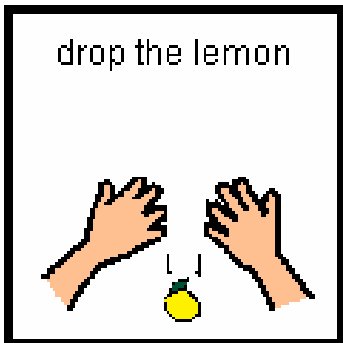
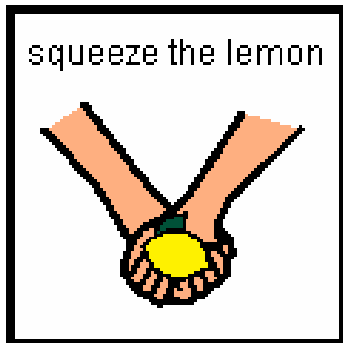
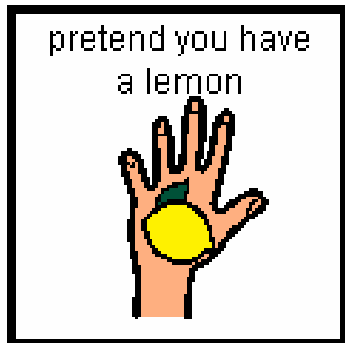


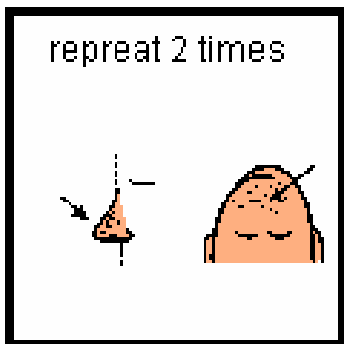
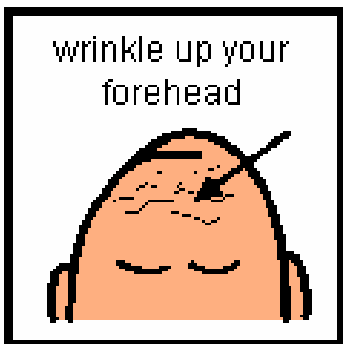
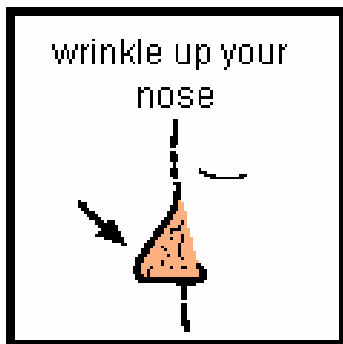
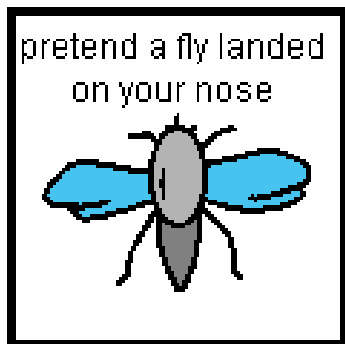
Deep Breathing



Hands and Arms

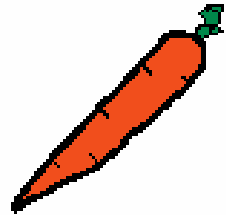


Face and Nose



Jaw

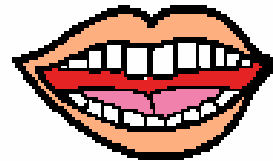
pretend to
eat a carrot



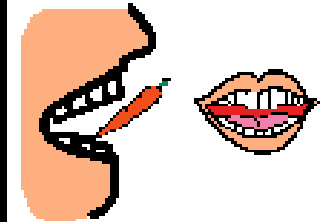
bite down
with teeth



open mouth
really big

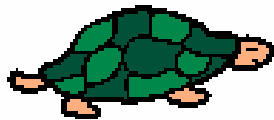


repeat 2 times

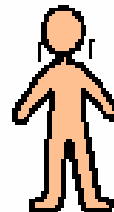


Shoulders and Neck

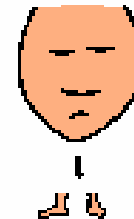
pretend to be
a turtle



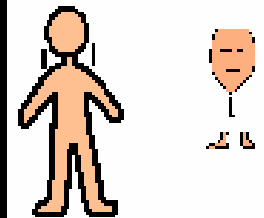
lift your
shoulders up



pull chin down
to feet



repeat 2 times

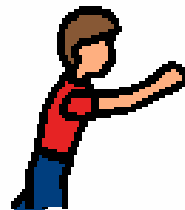


Arms and Shoulders

pretend to be
a cat



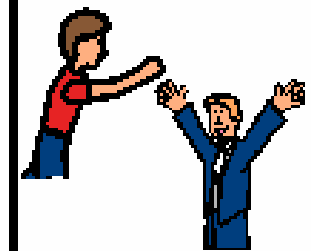
stretch arms
in front



raise arms up

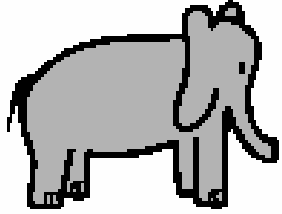


repeat 2 times

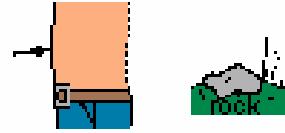


Stomach

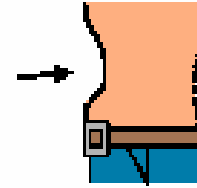
pretend an elephant
is stepping on you



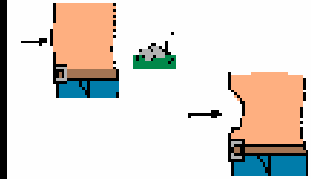
tighten your
stomach like a rock



suck your stomach
into your back

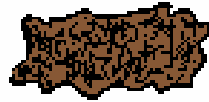


repeat 2 times



Legs and Feet

pretend you are
standing in mud



push your toes
down in the mud



spread your
toes apart



repeat 2 times

