

Coping & Relaxation Skills 1



Pretend you are holding a ball of Play-Dough. <i>SQUEE-EEEZE</i> it as hard as you can! Then, let it go.
Make your body rigid like a robot . Then, relax your body, like a ragdoll .
Pretend you are smelling a beautiful flower . Then, pretend you are blowing out candles on a birthday cake.
Make your back very straight, And make your stomach very hard, So that you can squeeze between two trees. Then, relax and shake it all out!
Silly Face Contest! Make a face: A puffer fish A turtle A friendly puppy A goofy monkey
Take a deep breath, and blow into the bubble wand while thinking of what you want to say. Your words go into the bubble and float away!

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