



<p>Snowman/Puddle:</p> 	<p>Make your body tense like a snowman. Then, slowly melt your body down to the ground in a puddle.</p>
<p>Robot/Ragdoll:</p> 	<p>Make your body rigid like a robot. Then, relax your body, like a ragdoll. Turn it into a game!</p>
<p>Flower/Birthday Cake:</p> 	<p>Pretend you are smelling a beautiful flower. Then, pretend you are blowing out candles on a birthday cake.</p>
<p>Down Dog:</p> 	<p>Rest on your hands and knees. Curl your toes under and make an upside-down 'V' with your body. Press through your fingers and your heels. Feel your body stretch.</p>
<p>Sit & Breathe:</p> 	<p>Find a quiet place to sit on the floor. Sit cross-legged, with a straight back, looking at the ground about two feet in front of you. As you breathe, feel the cool air coming into your nose, then feel the warmed-up air going out of your nose. If it helps, count the breaths: one, two, three . . .</p>
<p>Imagine a Rainbow:</p> 	<p>Imagine you are walking down a beautiful path. A storm is clearing and you see a rainbow. Stand under it and let its warm, bright light fill you with happiness. You are a rainbow too. Red: You are strong and safe. Orange: You are happy and playful. Yellow: You are proud and confident. Green: You are kind and caring. Blue: You are honest and truthful. Indigo: You are clever and creative. Violet: You are a good friend.</p>
<p>Color/Art:</p> 	<p>Coloring, painting, playing with playdough, and other arts and crafts are also great ways to relax. Focus on what you are making, noticing the colors, the way the materials feel, and the shapes you are forming. Notice how your big emotions get smaller as you create new things.</p>

