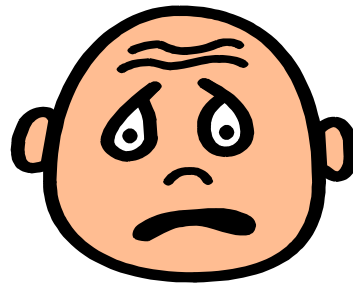
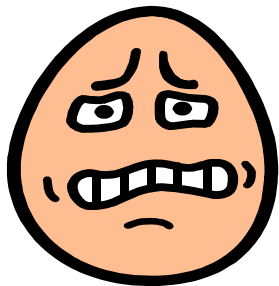
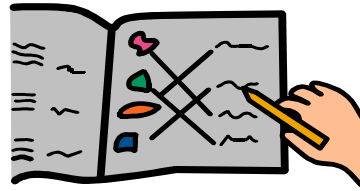


Time to Relax



Sometimes I get stressed.



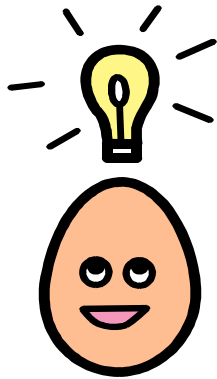
I might have a lot of school work. It might be hard for me.



I may feel stressed. I might make a mistake.



There might be changes in my day. I may feel stressed.



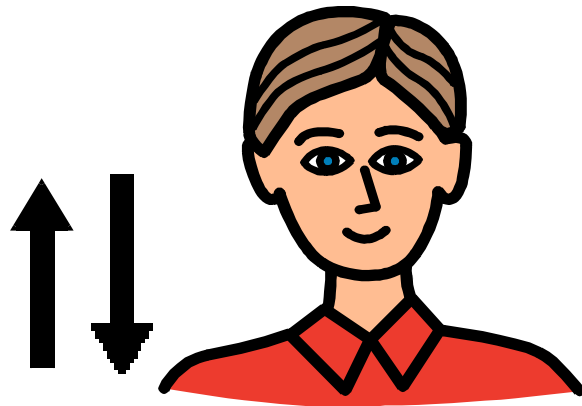
There are some things I can do that will help me if I feel stressed or anxious or frustrated.



It is important to know how to relax.



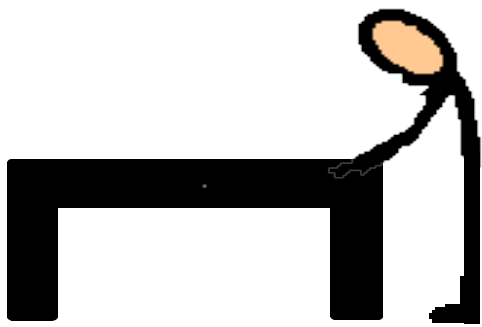
I can take 10 deep breaths slowly.



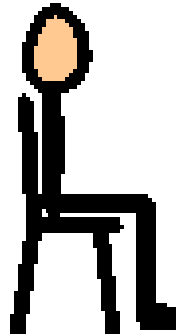
I can raise and lower my shoulders slowly.
10 times



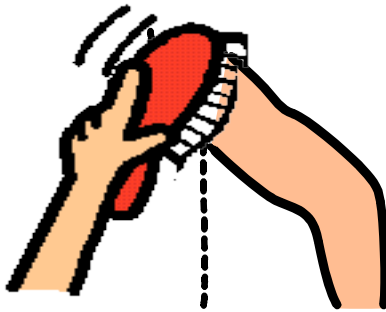
I can sit on my hands.



or



I can do table presses or seat presses.



I can brush my arms and legs.



If I know how to relax it will help me to get my feelings in control. Learning how to relax myself is important.