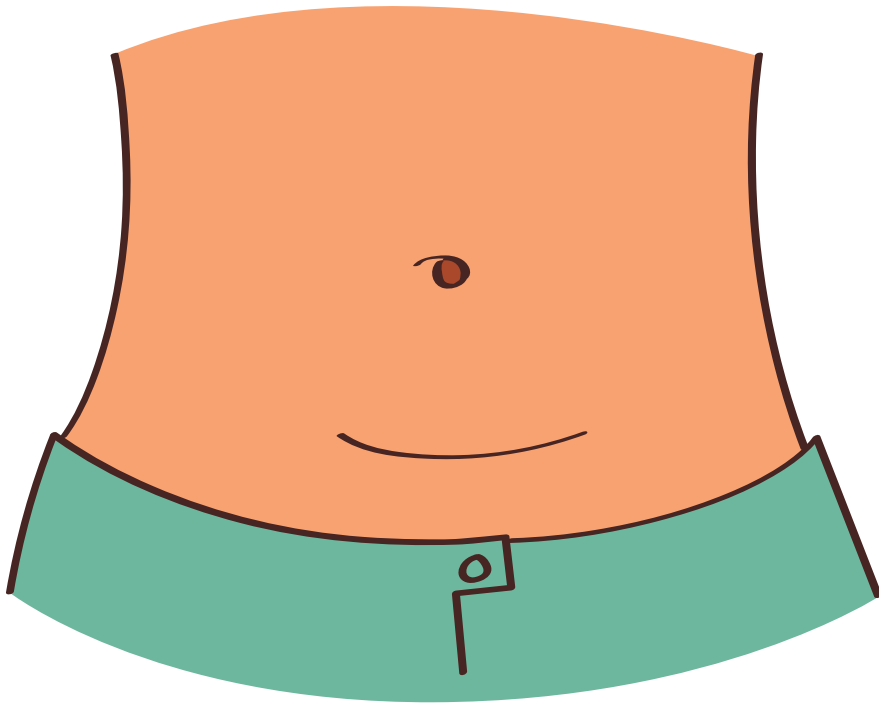




Take five slow breaths.  
Count with your fingers.



Stretch tall like a tree.  
Sway in the wind.



Place your hands on your  
belly. Feel it move as you  
breathe.



Think of one thing that  
makes you smile.



Pretend you are blowing  
out birthday candles. Take  
a deep breath in, then  
blow slowly.



Pretend you are a star.  
Stretch arms and legs  
wide, then relax



Put your hands together.  
Rub them until they feel  
warm. Place them on your  
cheeks.

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Close your eyes and  
imagine floating on a soft  
cloud.

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