

Stressed?



Read on
and Relax... ●

BELLY BREATHING

- Hand on your belly
- Close your eyes
- Breathe **in** through your **nose**;
hold, 1, 2, 3, 4...
- Breathe **out** through your **mouth**:
Whoosh...



LEMON SQUEEZE

- Pretend you have a **lemon** in your ***left hand**
- **Squeeze & hold; 1, 2, 3, 4...**
- **Drop** the lemon

*Repeat with right hand




SHOO! FLY... SHOO!

- There's a pesky fly on your nose
- **Wrinkle up your nose**
- *Hold, 1, 2, 3, & Shoo it off!*
- *Relax...*



SHOULDERS STRETCH

- **Stretch** your arms in front of you
 - **Raise** arms high **over** your head
 - *Hold, 1, 2, 3, 4...*
 - **Drop** your arms
- 

SHOULDERS STRETCH

- **Arch your shoulders back**
- *Hold, 1, 2, 3, 4...*
- *Relax...*



TURTLE TUCK

- Lower your head to your chest
- Pull your shoulders up to your ears
- *Hold, 1, 2, 3, 4...*



TUMMY TUCK

- Suck in your tummy
- *Hold, 1, 2, 3, 4...*
- *Relax...*

