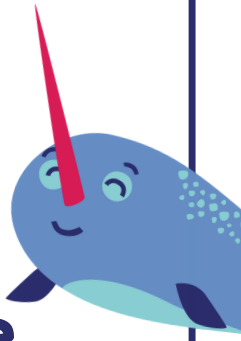


Let's do a Body Scan

Check each box when you've
finished.



Relax your neck by rolling your head slowly in circles

Relax your shoulders by rolling your shoulders up and down

Relax your belly by putting one hand on stomach and breath in and out slowly

Relax your legs by tightening and then letting go.

Wiggle your toes and gently move your feet in circles

**Butterfly Breath.
Lift arms above head on your sides-breath in.
Lower arms down to your sides-breath out**

**Relax your face muscles.
Let your eyebrows and jaw soften .**