



For these activities, you will need some coloured pencils or pens to draw.

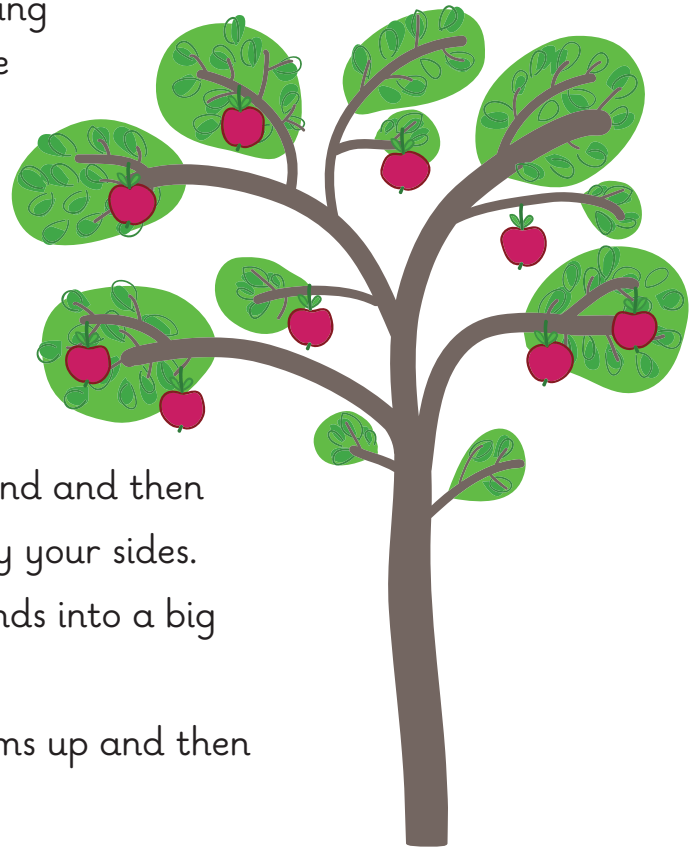


## Relaxation ideas

When you are experiencing big feelings, a relaxation exercise can help you. Try the one below, and see how you feel.

This exercise involves stretching and then relaxing your arms and shoulders. Imagine that you are standing under an apple tree.

- ★ Stretch your arms out in front of you.
- ★ Slowly lift your arms above your head.
- ★ Stretch your arms as high as you can to reach the apples.
- ★ Imagine you've picked one apple in each hand and then lower your arms, letting them hang loose by your sides.
- ★ Imagine dropping the apples from your hands into a big basket by your feet.
- ★ Repeat this a few times, stretching your arms up and then dropping them down.



## Show how you feel

Why not draw a picture on a separate piece of paper showing how you feel after trying out the relaxation exercises?

