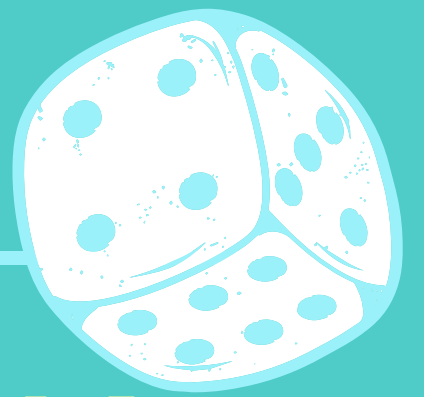


SUCCESSFUL FAMILIES SUCCESSFUL KIDS



ROLL INTO RELAXATION

This game helps us practice muscle relaxation! Roll a dice (one from home or a paper dice) and practice the relaxation technique that goes with that number. Write down your own movements for a second round of the game! Play it with someone in your home!



ONE

1. Tighten your toes! Count for 3 seconds. Then relax them.

2. _____



TWO

1. Squeeze your eyes shut and tighten your face and jaw. Hold for 3 seconds. Then relax them.

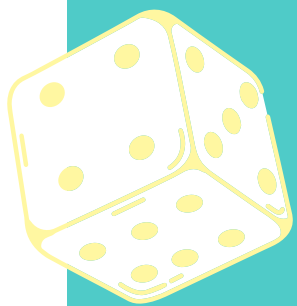
2. _____



THREE

1. Tighten your neck and shoulders! Hold for 3 seconds. Then relax them.

2. _____



FOUR

1. Tighten your fists & arms! Hold for 3 seconds. Then relax them.

2. _____



FIVE

1. Tighten your legs! Hold for 3 seconds. Then relax them.

2. _____



SIX

1. Tighten your stomach! Hold for 3 seconds. Then relax.

2. _____

