

FINDING TIME TO RELAX



Planning in time for you to relax during your day is very important for wellbeing. You will be busy doing school work and other things too. Think about how it feels to be relaxed. Your body is floppy and your mind is full of nice things. Think about how you like to relax and draw 4 ways in which you can relax below.

1

A large, empty rectangular box with a light green border. The number '1' is written in a white circle in the top-left corner of the box.

2

A large, empty rectangular box with a light green border. The number '2' is written in a white circle in the top-left corner of the box.

3

A large, empty rectangular box with a light green border. The number '3' is written in a white circle in the top-left corner of the box.

4

A large, empty rectangular box with a light green border. The number '4' is written in a white circle in the top-left corner of the box.

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1

A large, empty rectangular box with a double-line border, intended for drawing the first method of relaxation.

2

A large, empty rectangular box with a double-line border, intended for drawing the second method of relaxation.

3

A large, empty rectangular box with a double-line border, intended for drawing the third method of relaxation.

4

A large, empty rectangular box with a double-line border, intended for drawing the fourth method of relaxation.