MELT AWAY YOUR WORRIES

Did you know it feels good to relax your muscles? Try it!

1. Sit in a comfortable position

2. Pretend you are ‘frozen’ by tightening your arms.

3. Relax your arm and imagine your stress melts away.

4. Can you try this with your shoulders? Your fingers?

Have your bad feelings melted away? Try this whenever you want to relax!

FOR MORE KIDS ACTIVITIES VISIT www.preparecenter.org/kidskit