

Welcome to Relax

- Fill In your name and age
- Draw and write how you think you like to Relax



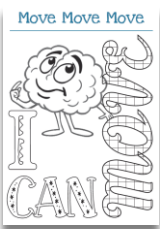
Welcome to Relax

- Colour in the RELAX Motto
- Name which bit of the Relax Motto do you like best?



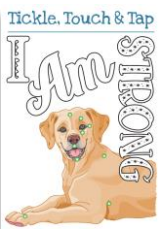
Ready to relax

- Colour in the I've Got Energy page
- Using the body picture, colour I parts of the body that you have energy in – what colours are you energy?



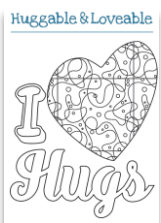
Move Move Move

- Colour in the Can MOVE
- What are you favourite movements that help you Relax?
- Ask, what is Flipping You Lid? What is a Brain Hug?



Tickle Touch & Tap

- Colour in the I Am String
- Ask to draw or write some things that make you strong.
- Ask how tapping and touching can make yourself feel better



Tickle Touch Tap & HUGS

- Colour in I love Hugs
- What are you favourite types of Hug?
- Think about the ways in which you can use your body to Relax?



Aroma Vibes

- Colour in I can Breathe
- Take a couple of your favourite Breath activities with the class.



Be The Boss

- Colour in My Fresh Little Mind
- Name which bit of the Relax programme did you like best?
- Ask what AMBER means?
- Stap the passport or mark with a sticker

Back Page

- When you take the passport home, parents, grand parents and caregivers can use the questions to generate conversations about Relaxing!

