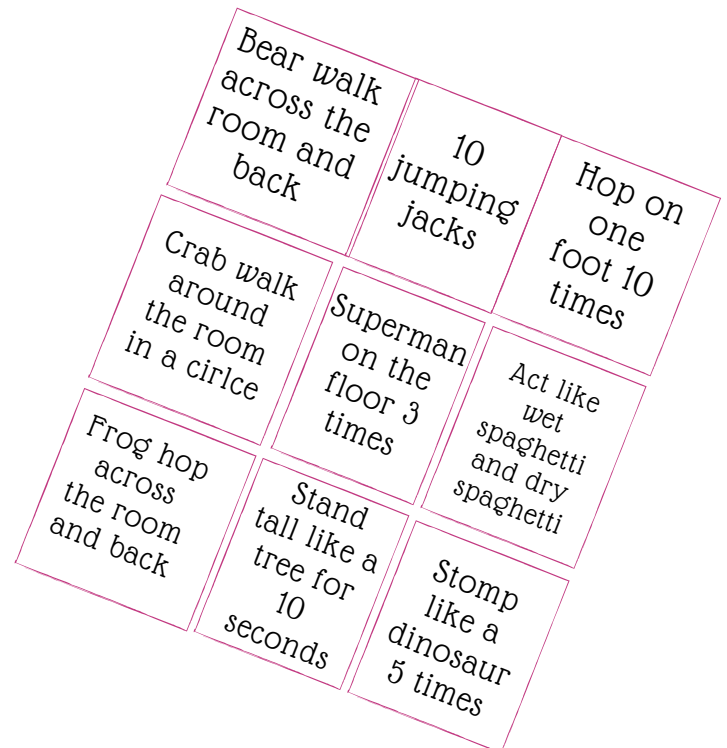
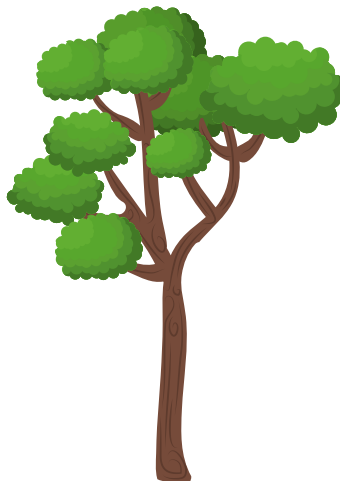
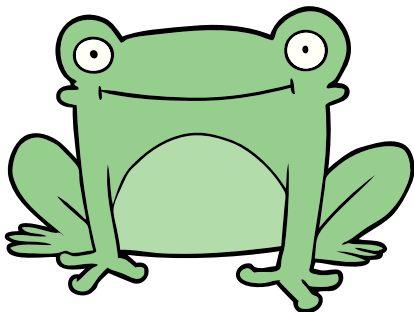
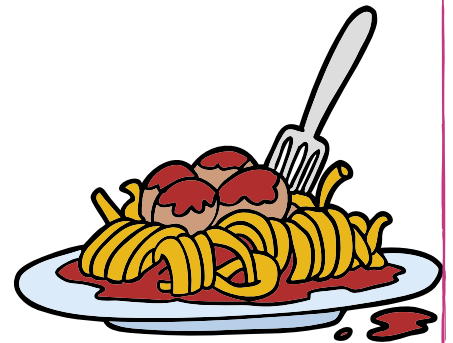
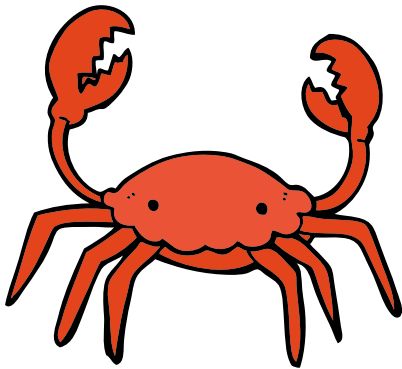
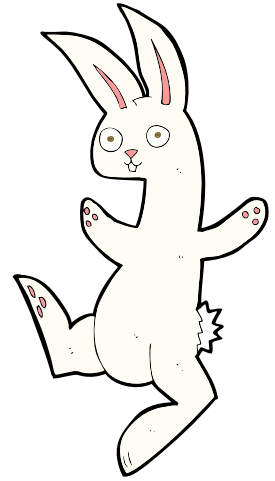


# ACTIVE RELAXATION CARDS FOR YOUNG CHILDREN

A Fun way to help young children practice active relaxation. Children love cutting and pasting, take a minute and have them help you cut them out and match them! This could even be used as a matching game, and each time a match is made they practice the skill! A fun family session as well!



# Active relaxation cards for young children



Bear walk  
across the  
room and  
back

10  
jumping  
jacks

Hop on  
one  
foot 10  
times

Crab walk  
around  
the room  
in a circle

Superman  
on the  
floor 3  
times

Act like  
wet  
spaghetti  
and dry  
spaghetti

Frog hop  
across  
the room  
and back

Stand  
tall like a  
tree for  
10  
seconds

Stomp  
like a  
dinosaur  
5 times