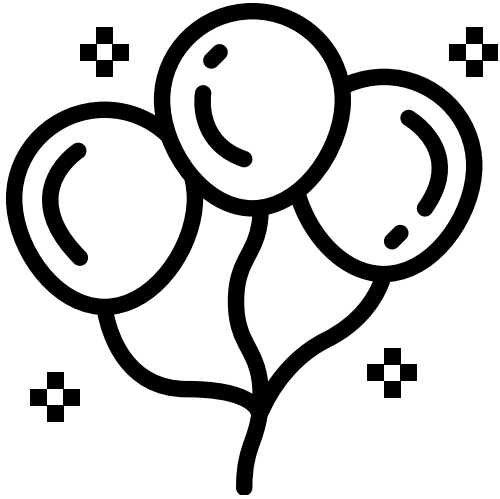
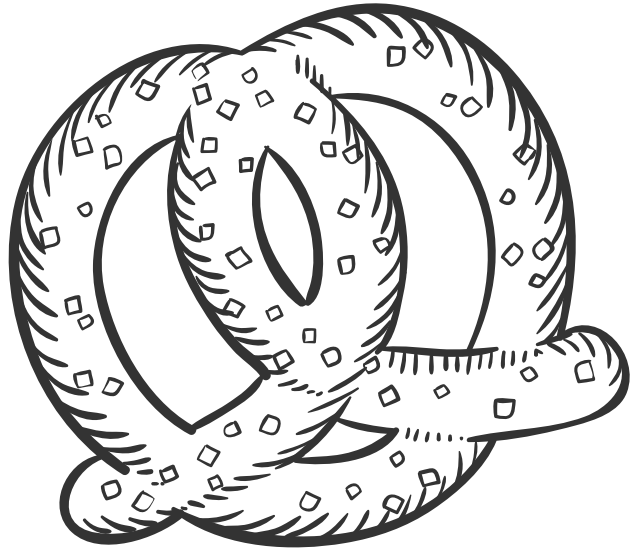


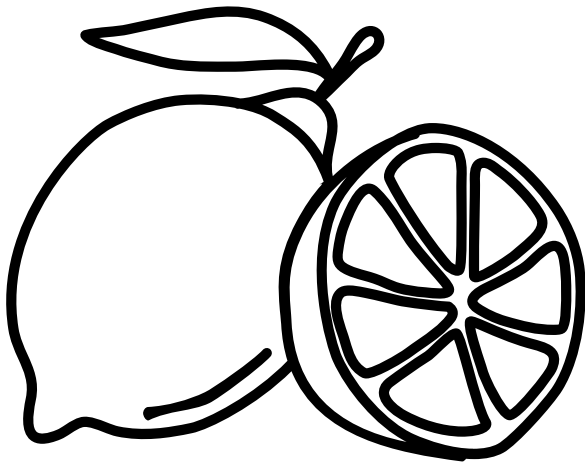
RELAXATION COLORING CARDS



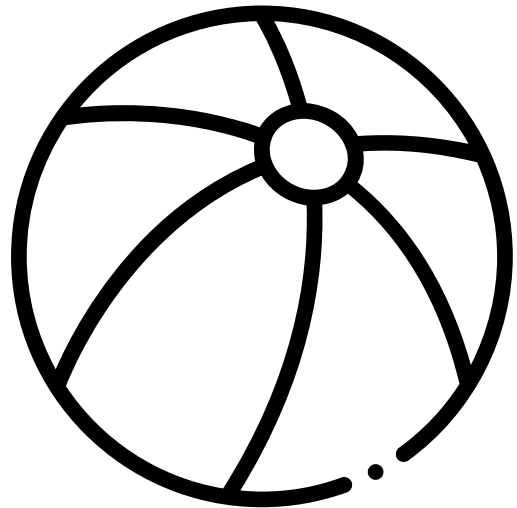
Balloon Breathing,
make my belly big
like a balloon



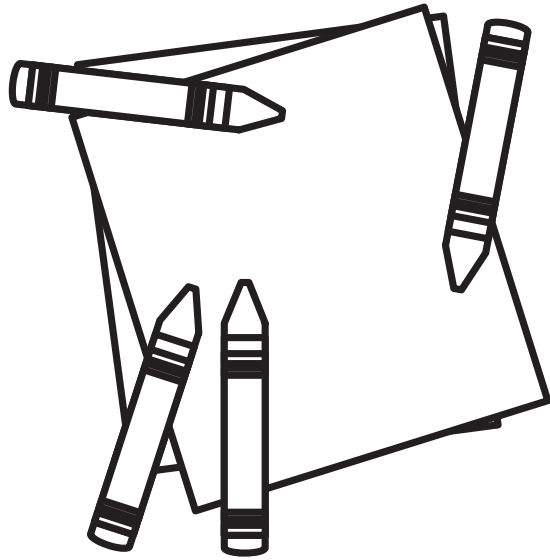
Twist my arms and
legs like a pretzel
and breath



Squeeze my hands
like I am squeezing
lemons for 10
seconds



Toss a Ball back and
forth and count
backwards or say
"ABC's"



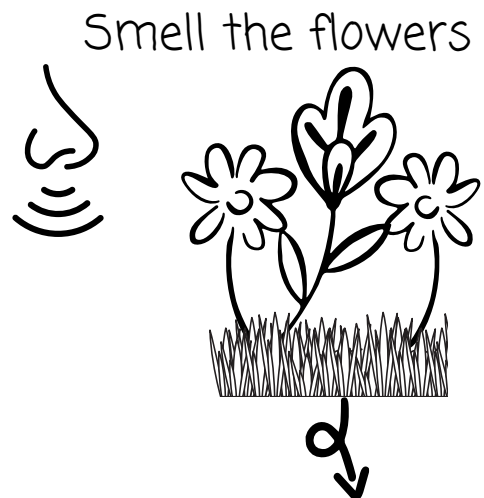
Create a picture of my
Happy Place



Listen to fun or
calming music



Practice Yoga poses



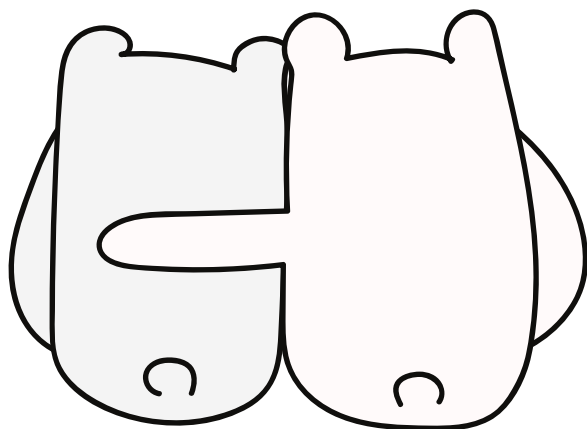
Blow out the candles



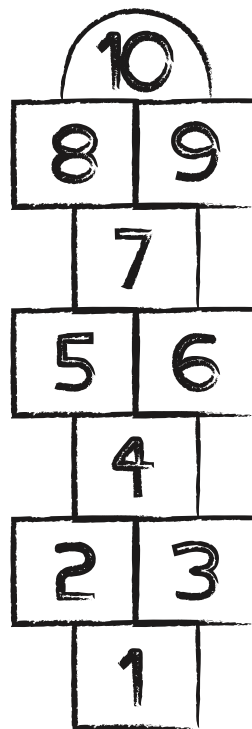
Blow Bubbles
(with adults permission)



Read or Look at a
favorite book



Ask for a hug or
cuddles from a safe
adult



Play hop scotch!

INSTRUCTIONS

CREATE AND MAKE YOUR OWN RELAXATION CARDS

- This is a great tool for younger children and families
- Each member can create their own "Deck of Cards"
- It is suggested to practice and explain each skill together with a clinician
- On the back of each card write what time of day or what symptom it may be helpful to pair this skill with
- Print, enjoy, color away and calm your body!