Relaxation Exercises:

Calm Body Strategy

Tangled arms breathing

Bend arms and wrap one arm around the other twice if you can. Separate fingers in top hand and take 3 deep breaths and blow out. Feel the stretch in your back and shoulders.



Calm Body Strategy

Finger tapping & counting

Using 1 hand, press each finger to your thumb as you count to 16. As you tap each finger, repeat a positive phrase that has 4 words like: I have got this!

I am doing great!

Now, see if you can do it with both hands at the same time.

Then make a fist and stretch open your hands 5 times.