



Calming SeaStar Breathing

- Take a deep breath in and then out.
- Stretch out your fingers and pretend your hand is a starfish.
- With a finger on your other hand, trace the outline of your starfish.



Cleo's Pyramid Breathing

- Picture a pyramid, like Cleo, out in the desert. Take a deep breath in.
- Hold.
- Breathe out.
- Breathe in... hold... breathe out.



Yawnsy's Blissful Body Scan

- Rest your arms with your palms up and take deep breaths in, then out.
- Wiggle your left toes, then right. Wiggle your fingers.
- Squish up your nose, then let it relax.



Delightful Deep Breathing with Nancy

- Take a deep breath in and then out. In and then out.
- As you breathe out, pretend you're blowing out candles on a cake...
- Think about all the good things in your life while breathing in and out.



No More Nerves with Ivy

- Let your shoulders, arms, hands, and fingers relax.
- Take a deep breath in and then out.
- As you breathe, focus on the sounds around you.



Blinki's Happy Moments

- Take deep breaths in and then out.
- Imagine a movie screen showing happy images of your life.
- Relax into the fuzzy, warm, and calm feeling inside.



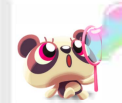
CocoLoco's Rustling Bamboo Relaxation

- Breathe in through your nose, and out through your mouth.
- Imagine your worries leaving your body and vanishing into thin air.
- Imagine you're a breeze rustling bamboo leaves.



Looking on the Brightside with Flumpy

- With hands on your lap, palms down, close your eyes.
- Take a deep breath in, then out.
- Imagine the thoughts that make you feel worried, nervous, or sad are little boats drifting past on a stream.



Tapping Worries Away with ShiShi

- With two fingers, tap your forehead. Say "today I'm going to be happy".
- Now tap your cheek. Say, "I am awesome".
- Wrap your arms around your body and tap your fingers. Say, "I am loved".