



**Slowly stretch and notice
tight muscles loosen.
How do you feel?**



**Imagine your thoughts are
birds. For one minute, let them
fly away until none remain.**



**Think about how you feel
after using these cards.
Invent a new emotion for it!**



**Name 3 reasons you
love yourself.**



Wiggle each and every muscle, one at a time, starting with toes.



Listen to a room with your eyes closed. Without peeking, picture what's happening.



Using your index finger, outline the shape and features of your face.



Close your eyes and listen to all of the noise around you. What's creating the sounds?



View the space you're in. What's your favorite thing about it?



Sit comfortably with hands resting face up in your lap. Close your eyes and notice your breath at the tip of your nose as you inhale and exhale.



Run fingers VERY slowly through your hair. What do you feel?



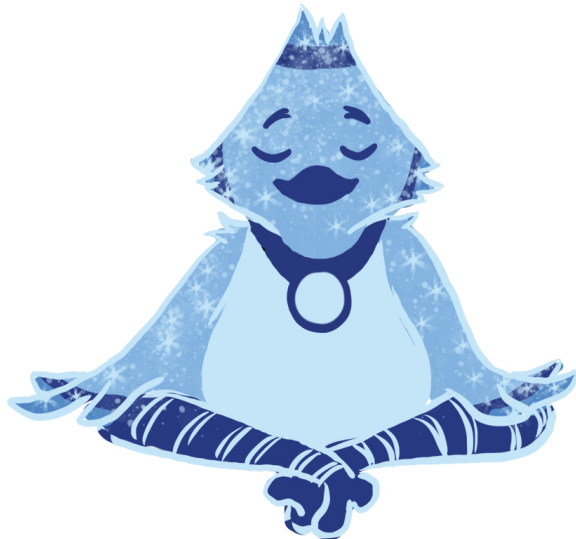
Lie on the floor and imagine slowly melting into it. Sink deeper and deeper.



After taking 3 slow, deep breaths, identify 5 thoughts you have right now, in this present moment.



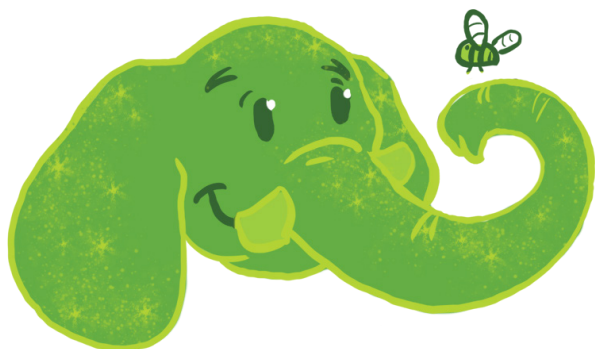
Imagine you're relaxing outside on a warm, sunny day: how does your body feel?



Think of 3 things you can feel on your body right now without moving.



On a walk, try to find every color of the rainbow.



Watch any living thing for 2 minutes. If it doesn't have a name, give it one.



Compare the textures of two different materials. Try placing one hand on the leg of your pants, and one hand on the material of your shirt. What do you notice? How do they feel?



Listen to music. Identify the instruments you hear. How are they used?



Take both of your arms and wrap them around yourself. Hold your hug for 10 seconds.



Tap each finger on your hand as you say the words, "I. Can. Do. This."



Stand balanced with your eyes closed. Breathe in, raise your arms to the sky. breathe out, lower your arms. Repeat 3 times.



Name 5 reasons you have to be grateful.



Bring to mind an image of a friend or loved one. Send them loving-kindness thoughts.



Sometimes we have bad feelings or thoughts. Close your eyes and think of one you've had. Imagine putting that thought in a red balloon above you and letting it float away.



Take a deep breath in, raise your eyebrows and open your eyes wide. Slowly breathe out and relax your face. Repeat.



Go for a silent walk outside. No talking! Only absorbing.



Breathe in deeply for 4 seconds, out slowly for 7. Repeat.



Take a minute and press down through the heels of your feet, and press down through each toe, too!



Think of a part of your body that you'd like to relax. Now, breathe in deeply through your nose, and as you exhale, imagine sending your breath to that part of your body, helping it to release and relax. Repeat!



Close your eyes gently. Think of something or someone that makes you happy, and see them now in your mind's eye. If your mind wanders, refocus your attention by noticing your breath.



Stand up tall and spread your legs hip distance apart. Plant your feet firmly on the ground, and place your hands on your hips. Raise your chin slightly so that you are comfortably looking ahead, like a superhero overlooking their city. Hold this pose for 1 minute while you breathe and feel your chest rise and fall.