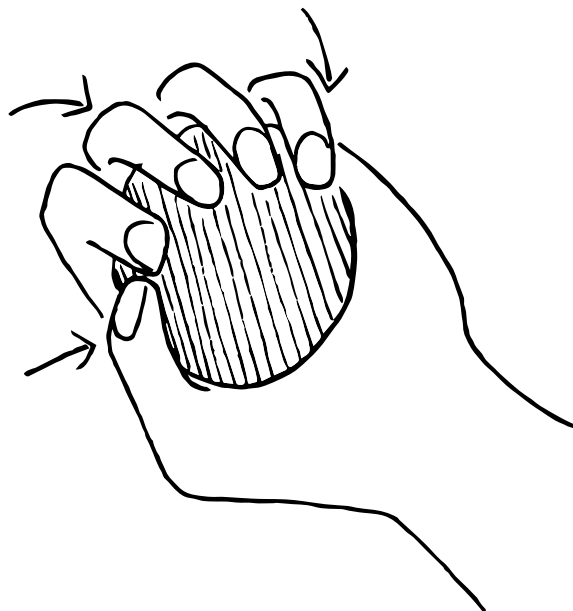


1. Hold the ball and squeeze tightly.



Now let go; relax.

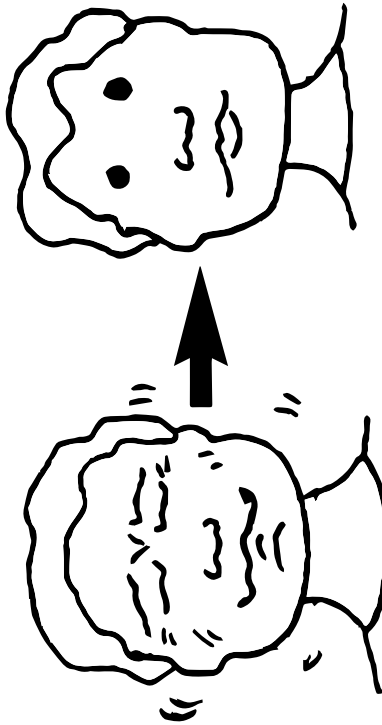
# My Relaxation Book

[Place child's picture here]

Name: \_\_\_\_\_

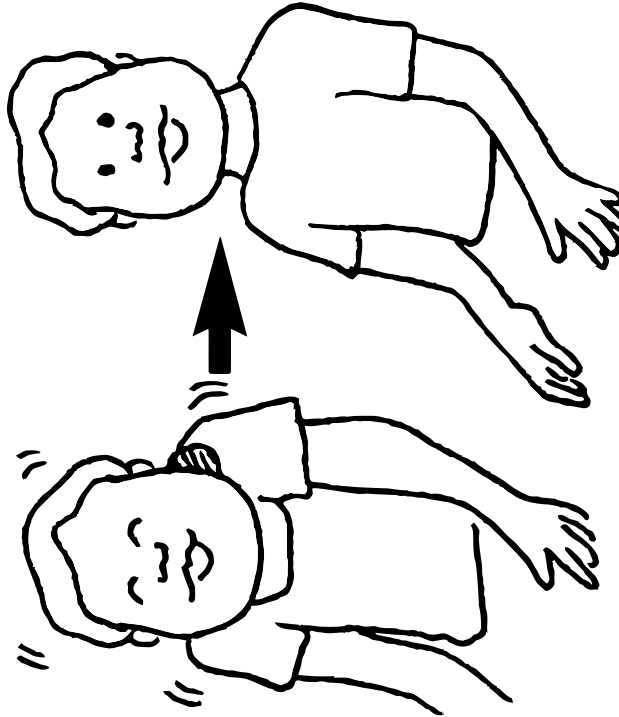
**BUILDING BRIDGES THROUGH SENSORY INTEGRATION**

2. Make a "monster" face.



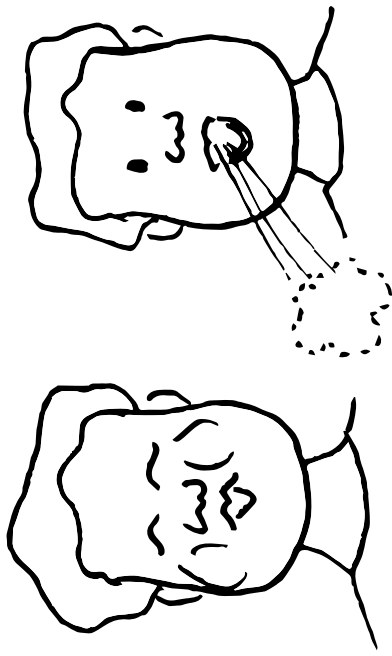
Now let go; relax.

3. Squeeze the ball with your shoulders.



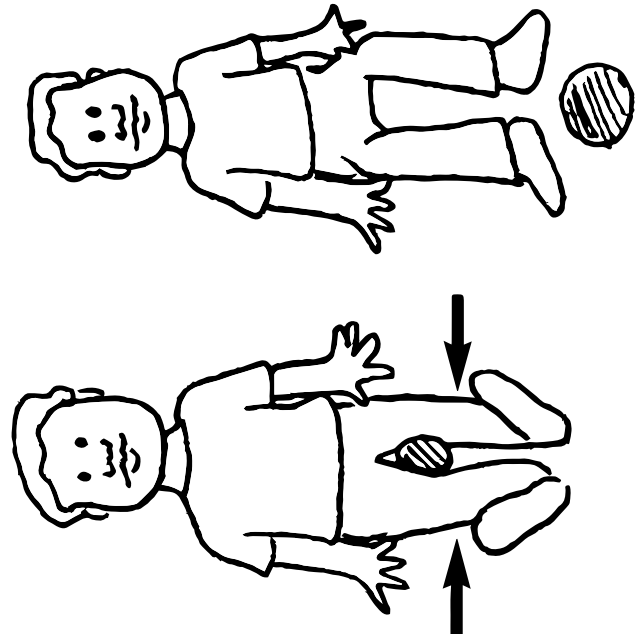
Now let go; relax.

5. Now hold your breath.



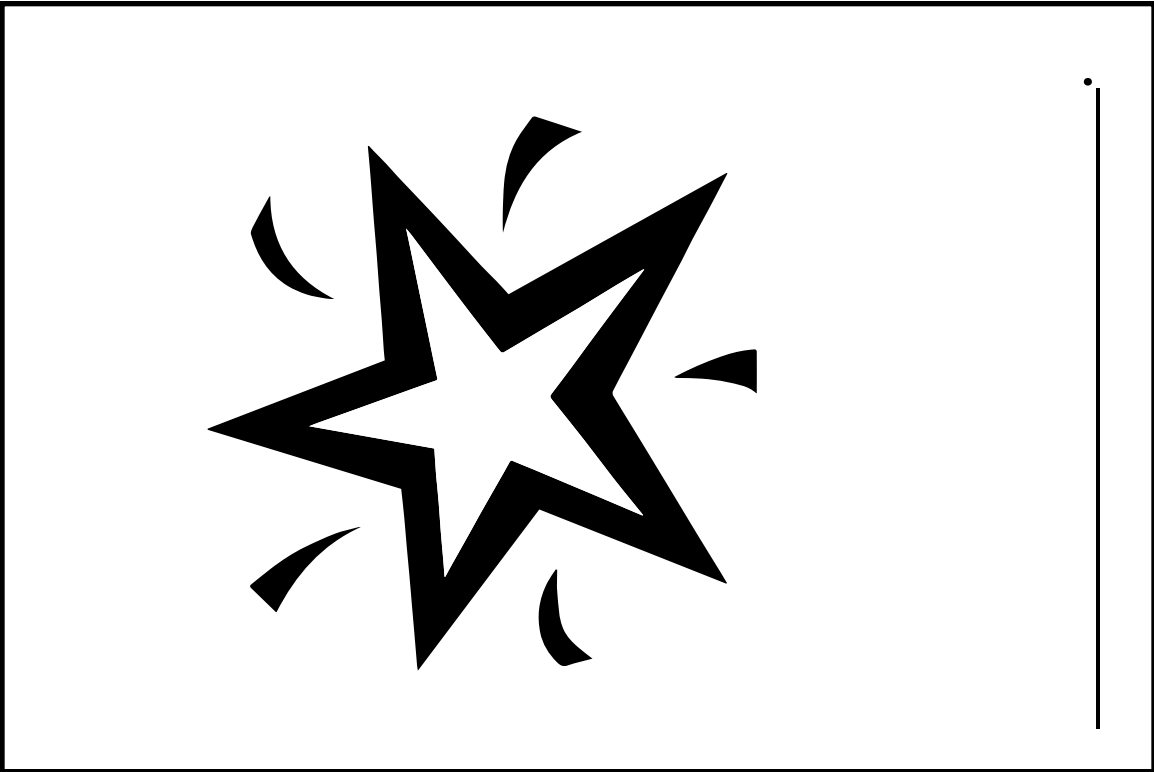
Blow out and relax...

4. Squeeze the ball with your knees.

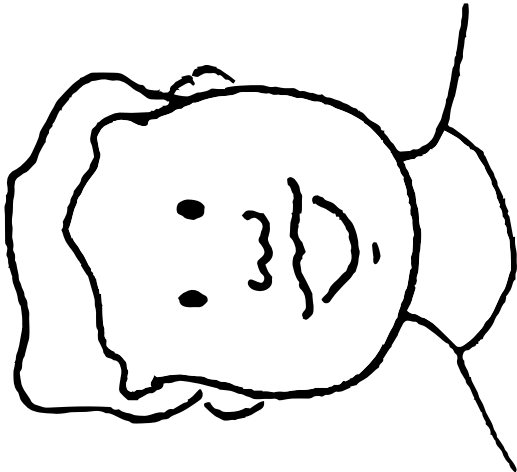


Now let go; relax.

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6. Now you are nice  
and relaxed.



*This PDF is made available through Building Bridges through Sensory Integration, 3<sup>rd</sup> Edition*