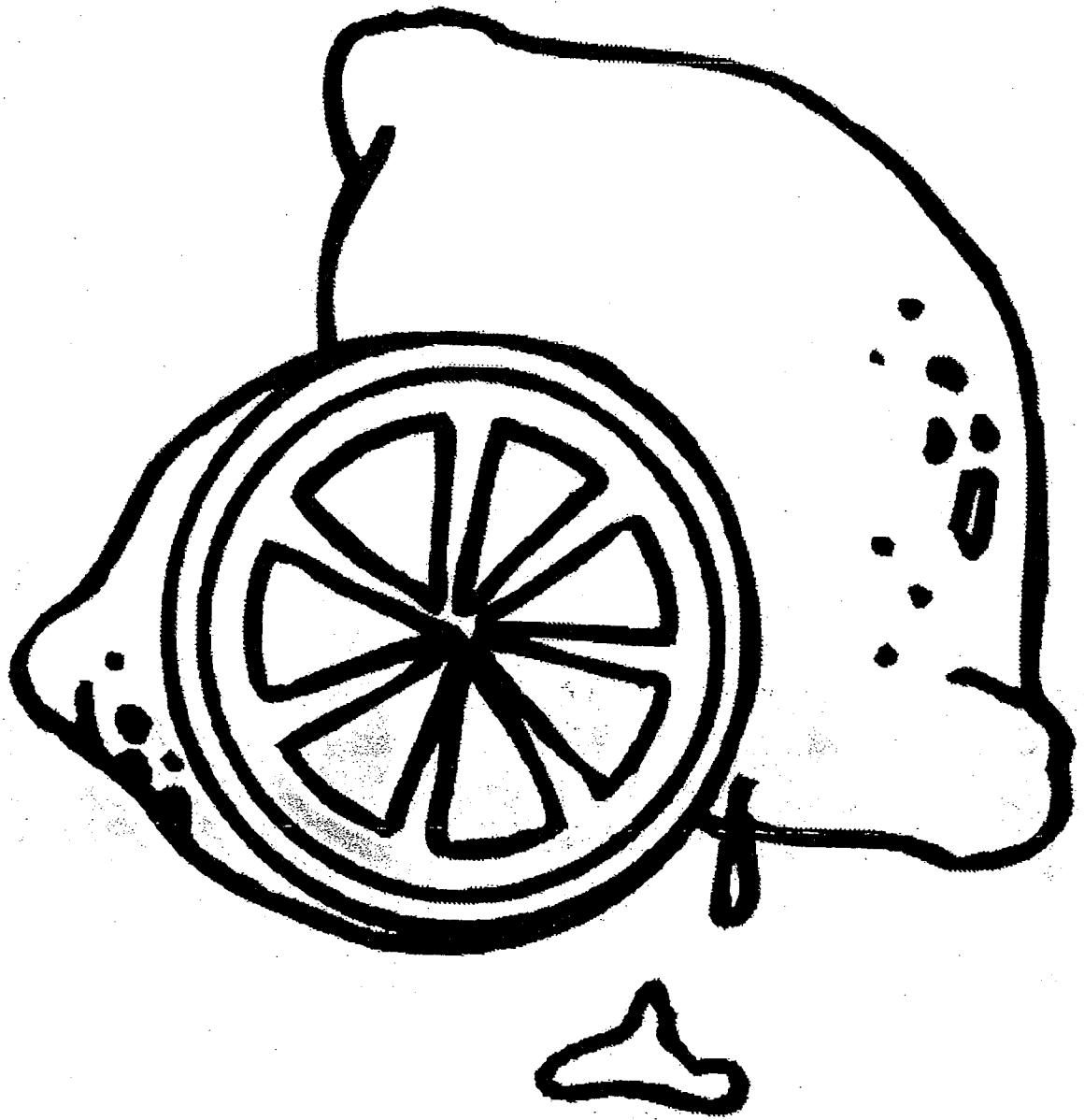


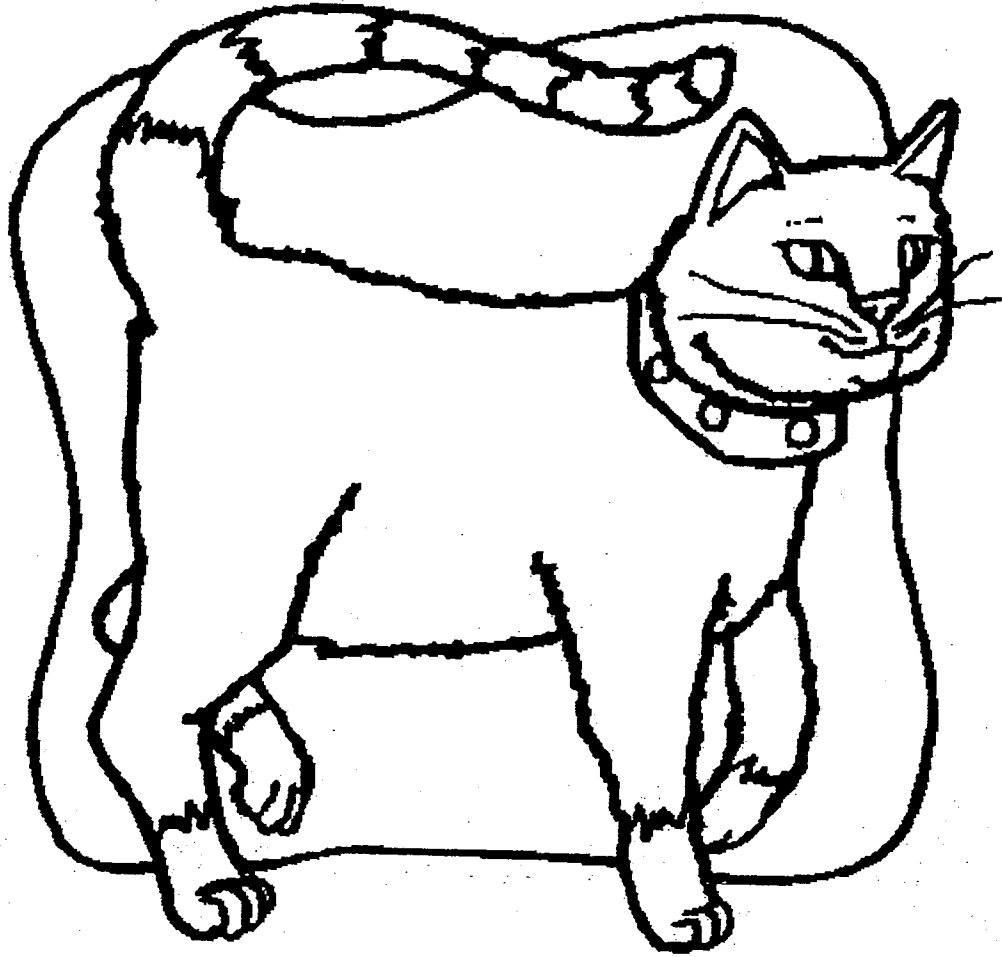
Relaxation Training

_____ 'S

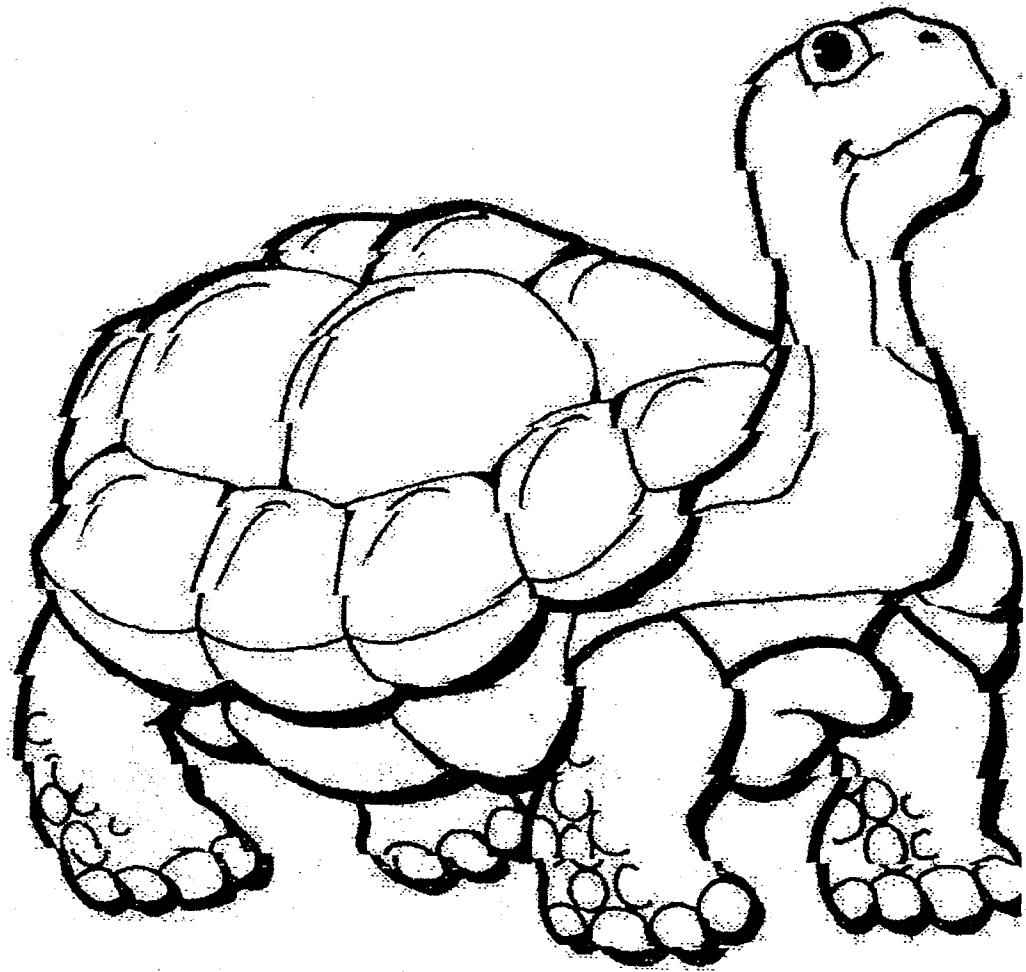
RELAXATION
COLORING BOOK



Squeeze the juice out of a lemon.

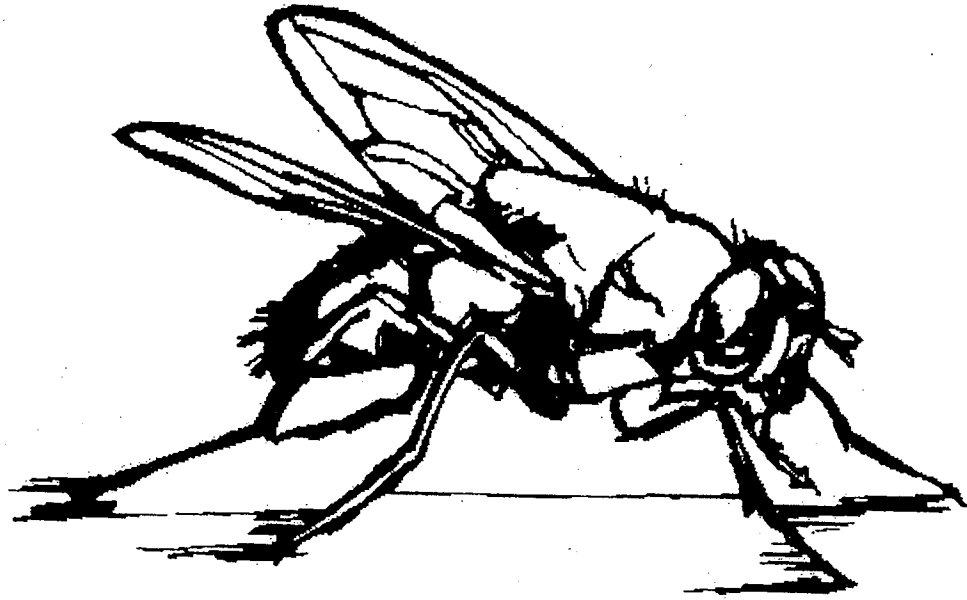


You are a lazy cat stretching your arms in the
sun.

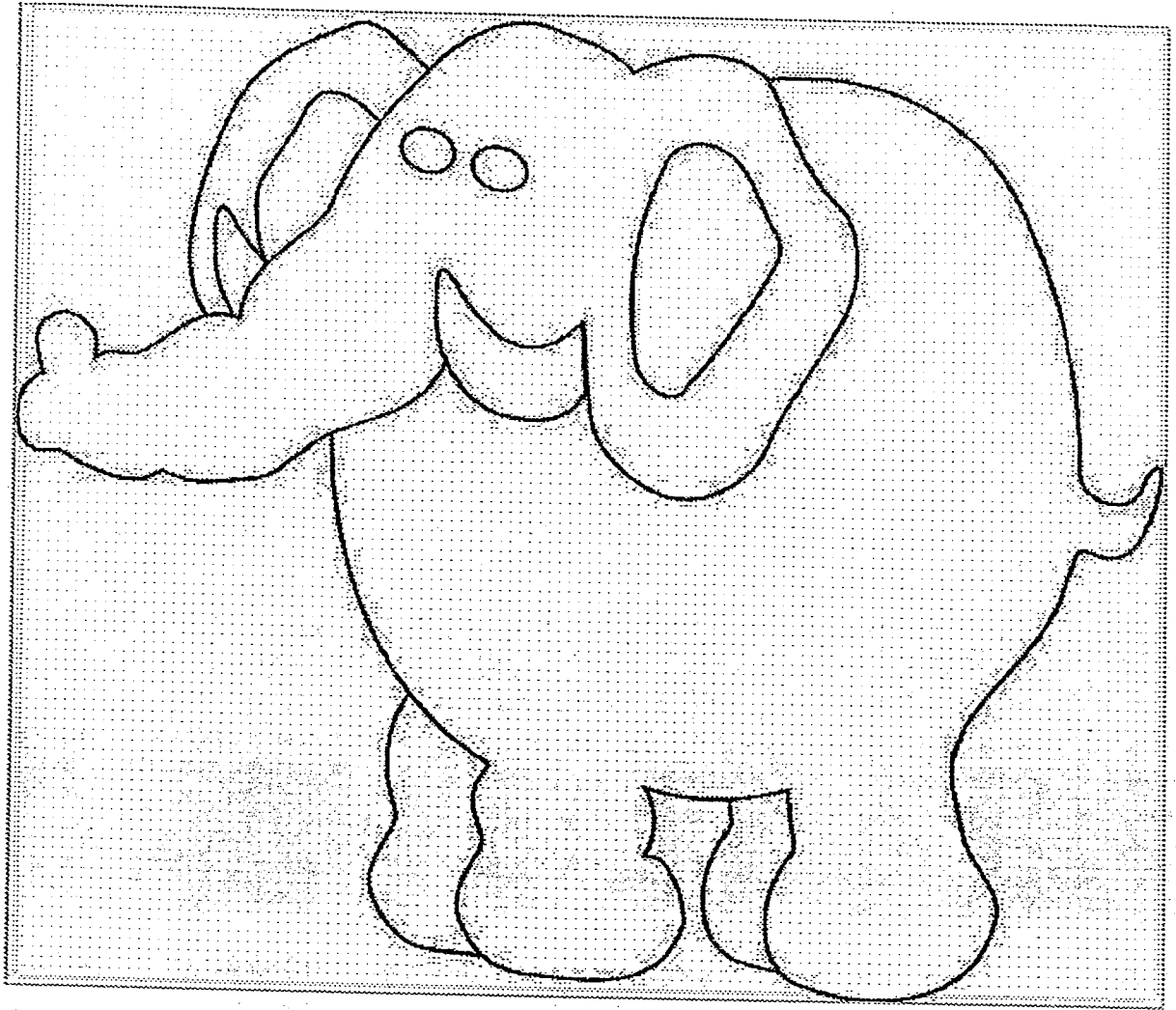


You are a turtle. You sense danger and pull
your head into your shell.

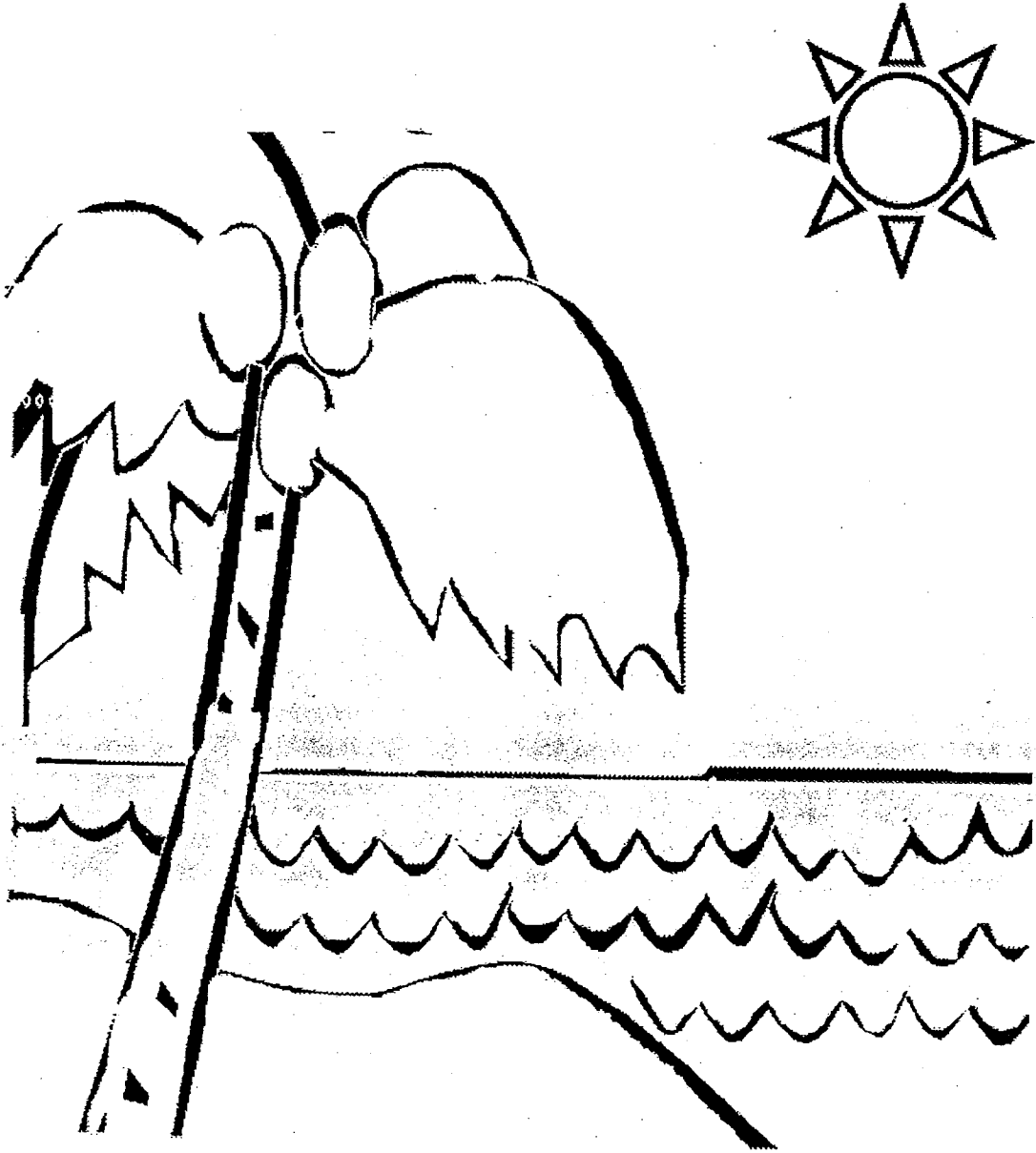
You have a giant jawbreaker bubble-gum in
your mouth and are trying to bite down.



A fly lands on your nose. Try to get it off
without using your hands.



An elephant is about to step on your stomach.
Make it hard.



You are barefoot at the beach, squishing your
toes in the sand.