

# Roll your Relaxation!

Roll the die to see which relaxation technique to try. Either pick one column with the activity you want to do, or do both one after the other. This is good practice to see which one you like best!

	take 3 deep breaths	stretch your arms
	name 3 happy things	squeeze your arm muscles then relax
	5 neck rolls	tell a happy memory
	count to 10	give yourself a hug
	stretch your legs	5 shoulder rolls
	press your hands together	count backwards from 10

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