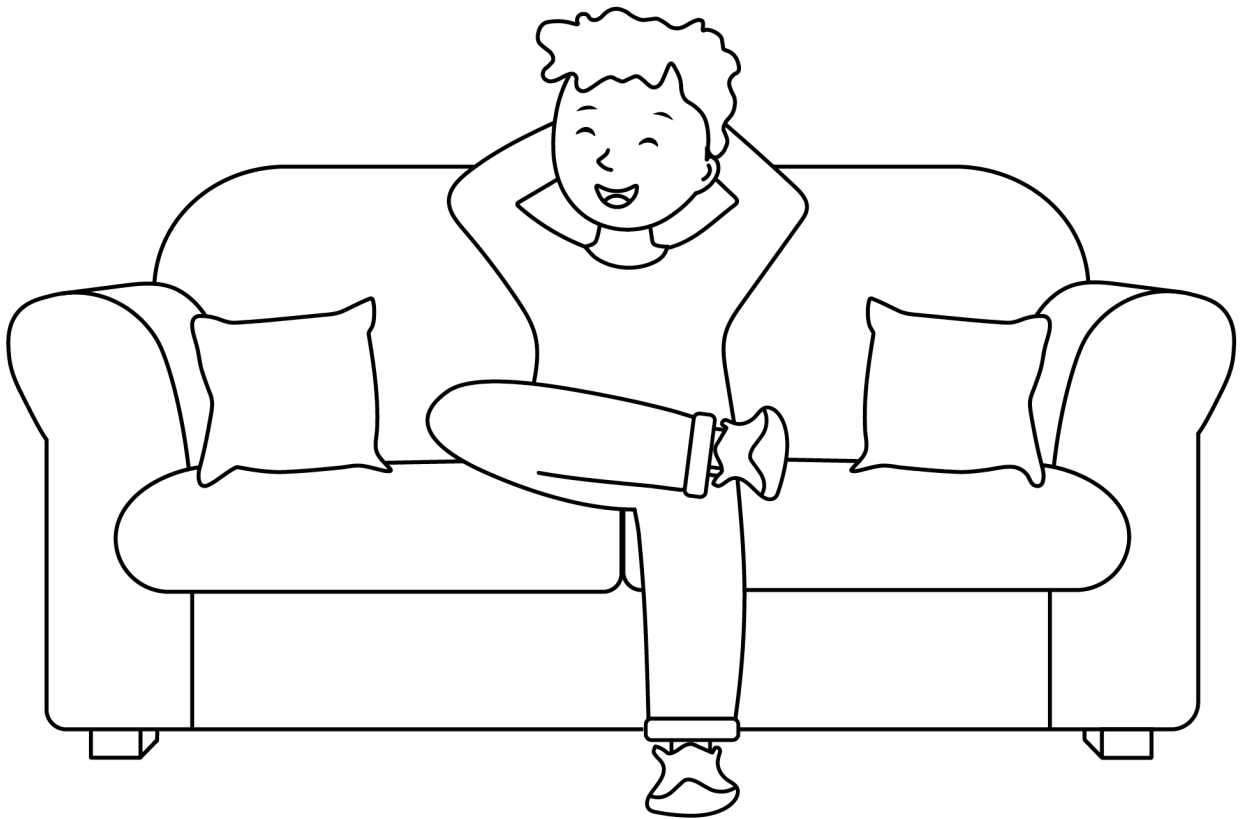
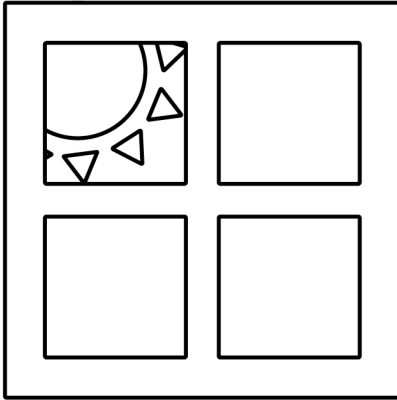
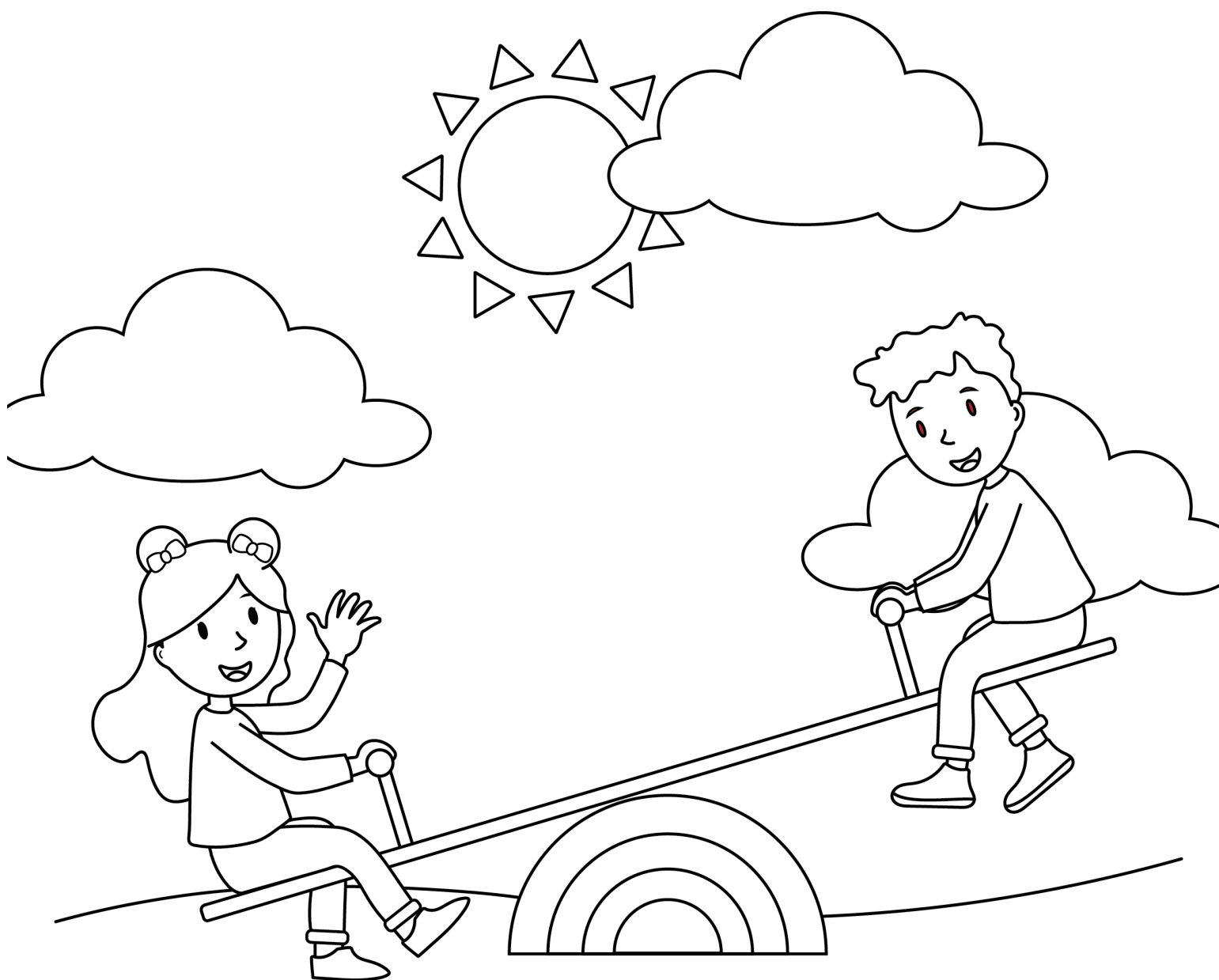


I Can Relax at Home!

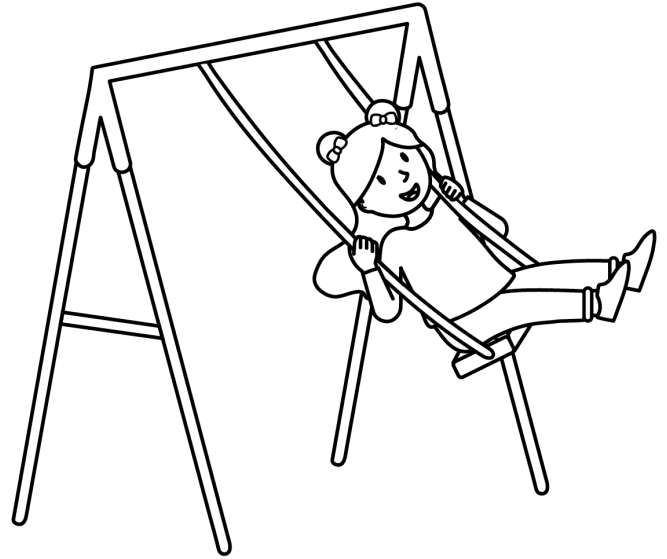




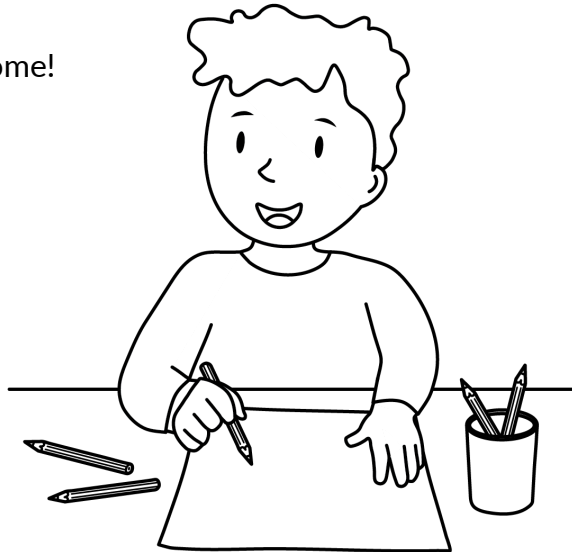
In the summer, we take a break from school.
Sometimes a change to our schedule can make us
feel nervous, but summer break is a time for fun!



Library!



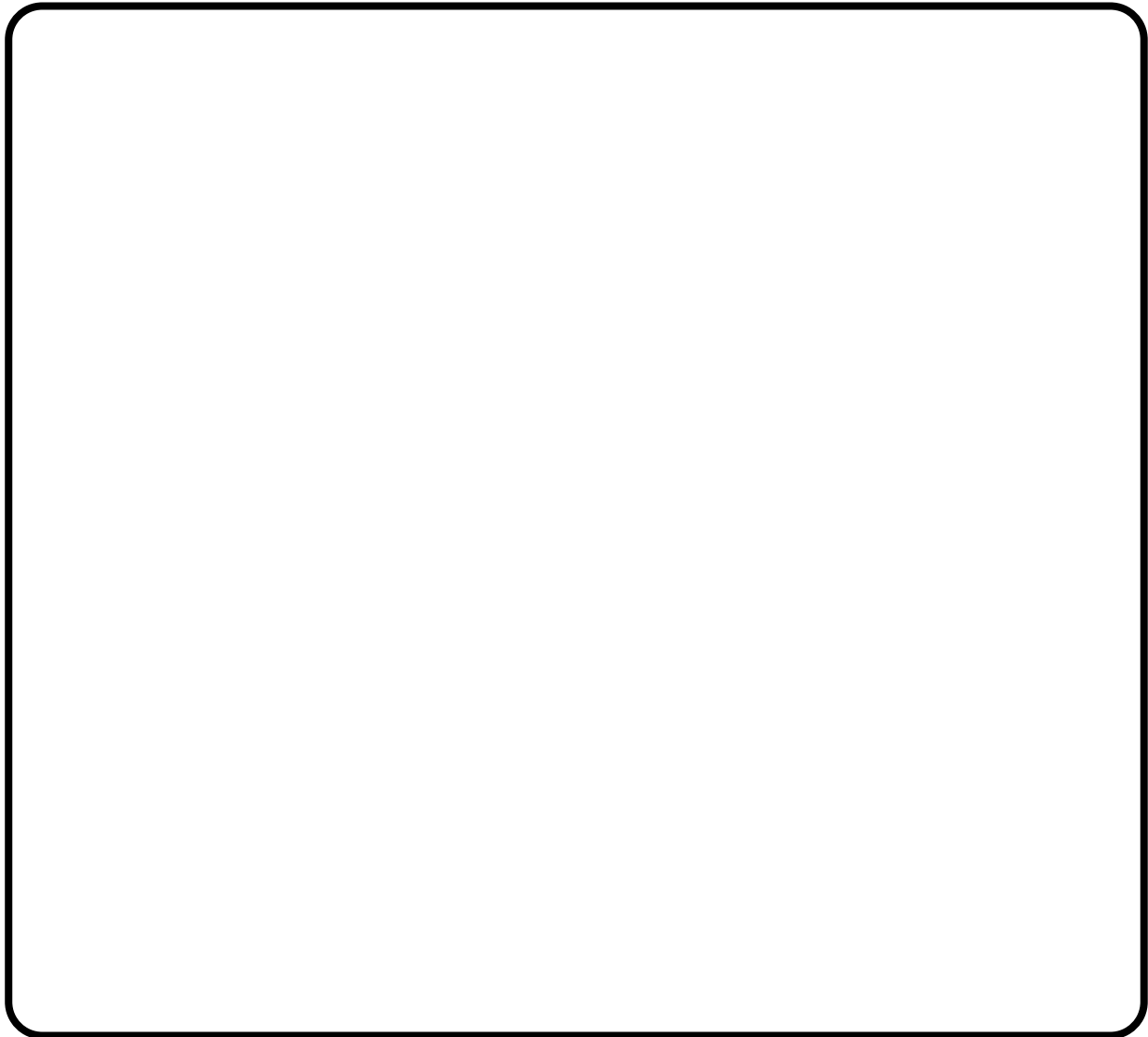
Home!



Park!

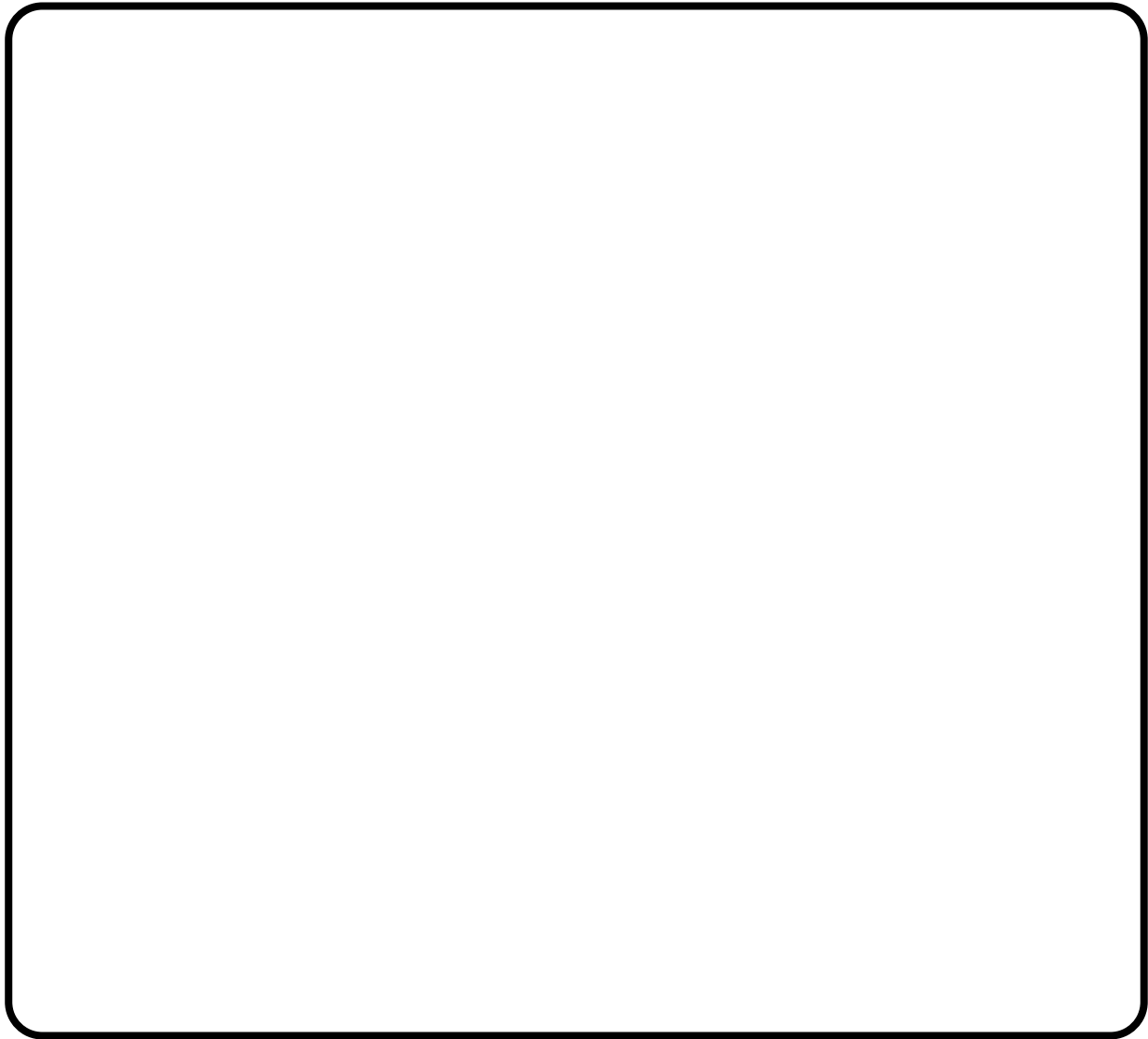
Instead of going to school, you might go to the library, visit the park, or stay at home. Circle which of these sounds most fun to you.





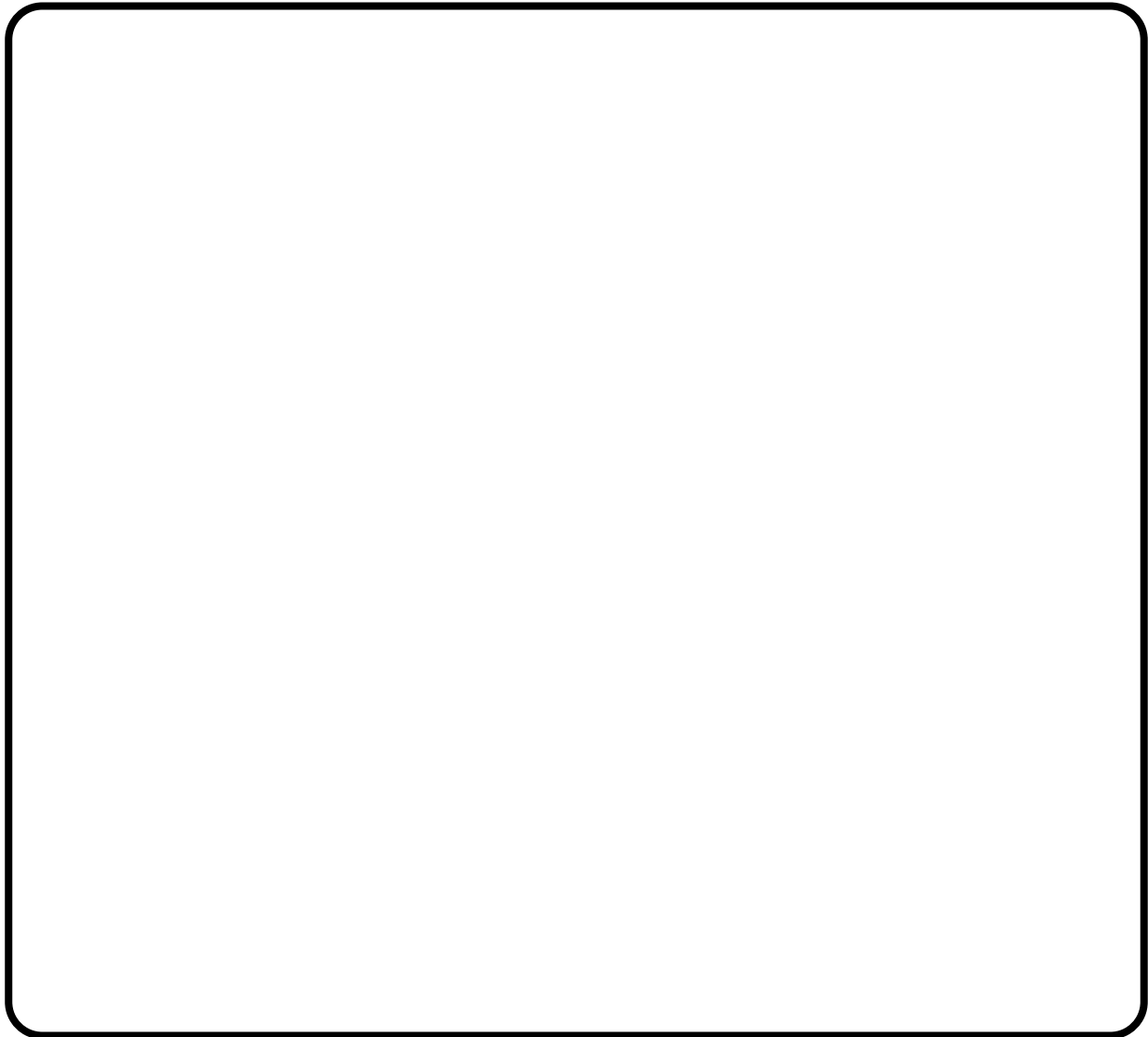
There are a lot of ways for us to relax at home. Relaxing could look like playing with puzzles, reading, or cuddling your stuffed animals! Relaxing can make us smile. Draw a picture of yourself smiling or tape a picture of yourself in the square.





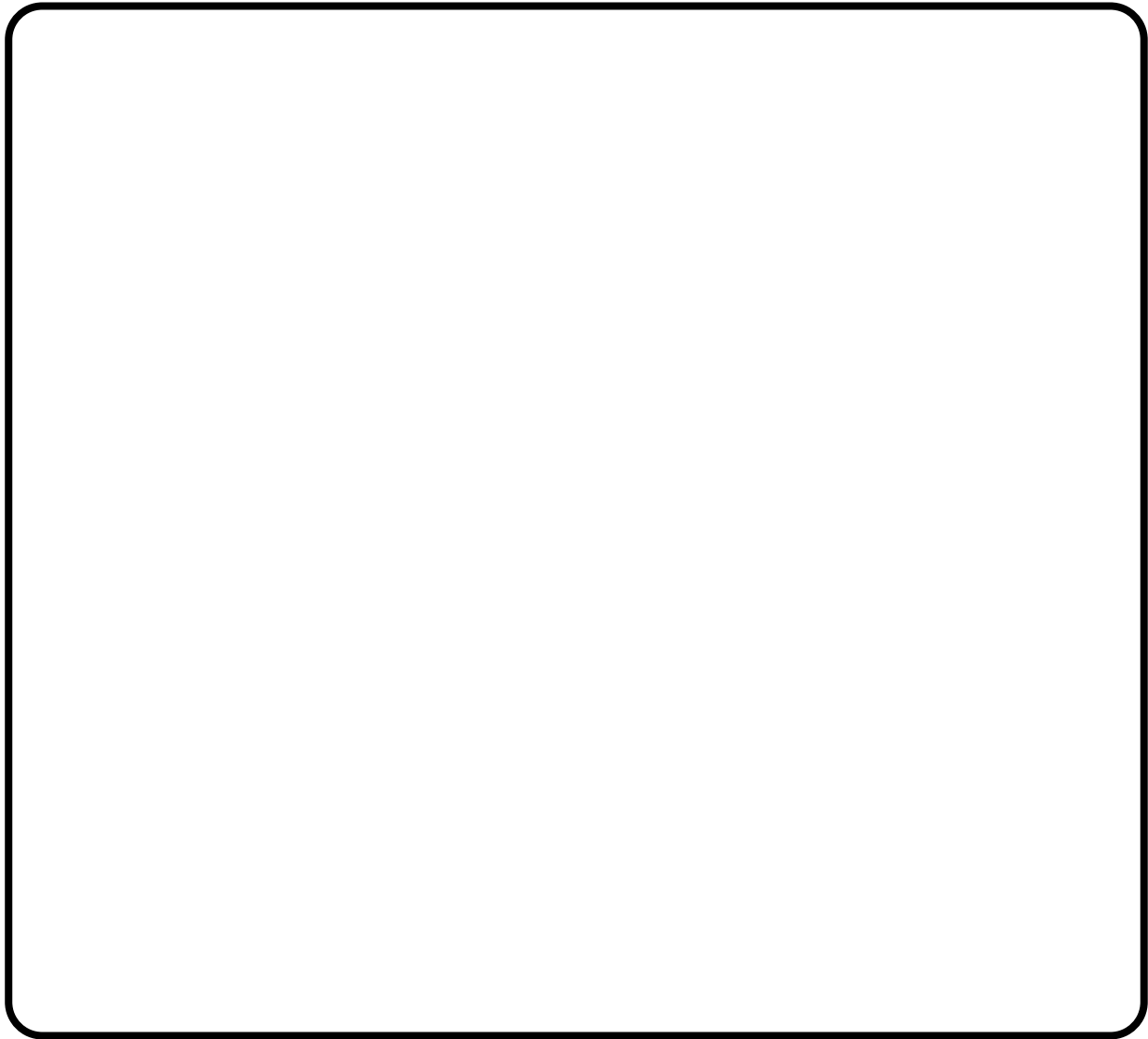
When you are ready to relax, you can find something you like to touch. Do you like the feeling of your soft stuffed animals or squishy toy? Draw a picture of your item or tape a picture in the square.





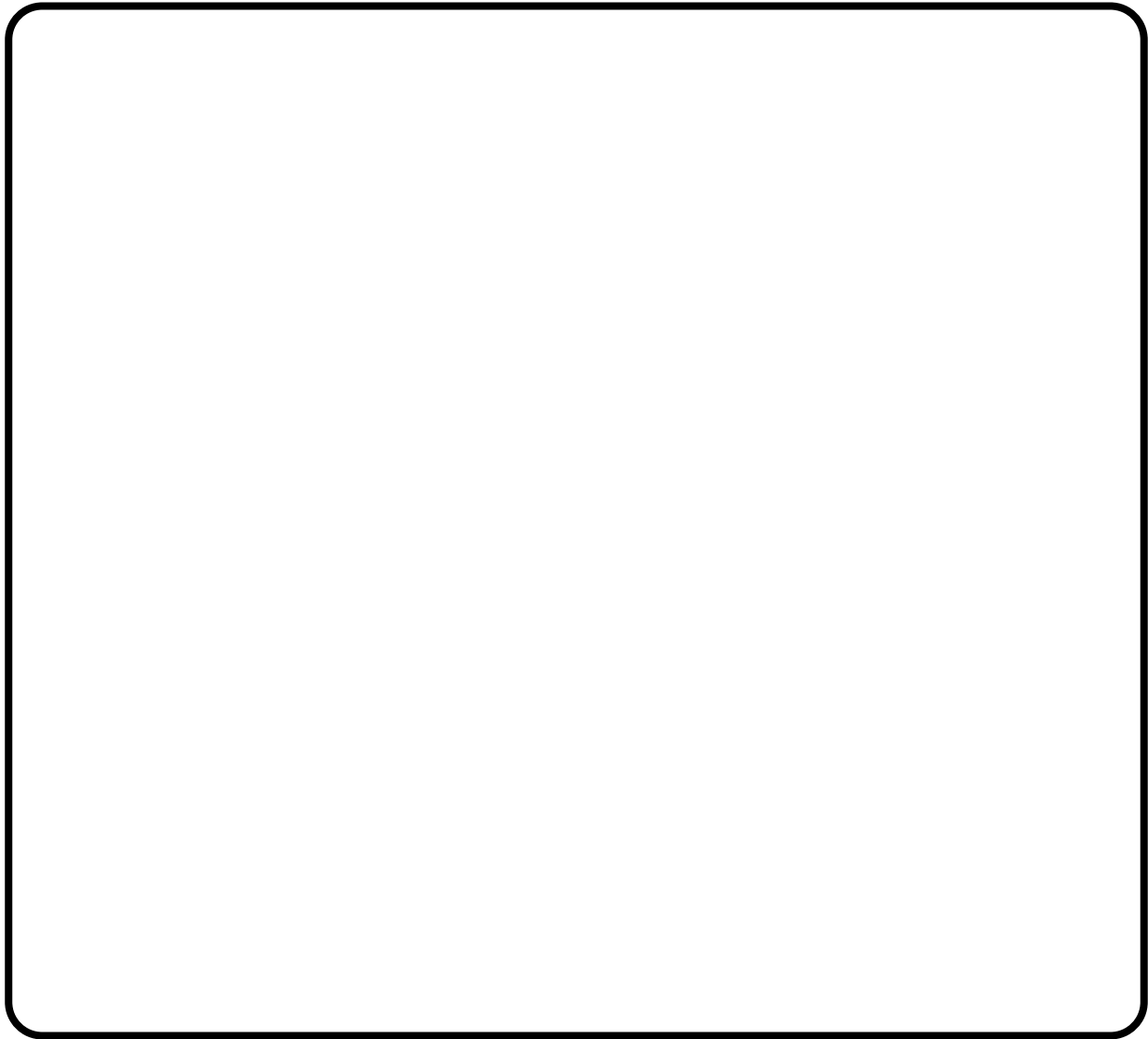
When you are ready to relax, you can find something you like to hear. Do you have a favorite song you like to hear or sing? Draw a picture of yourself dancing to the beat!





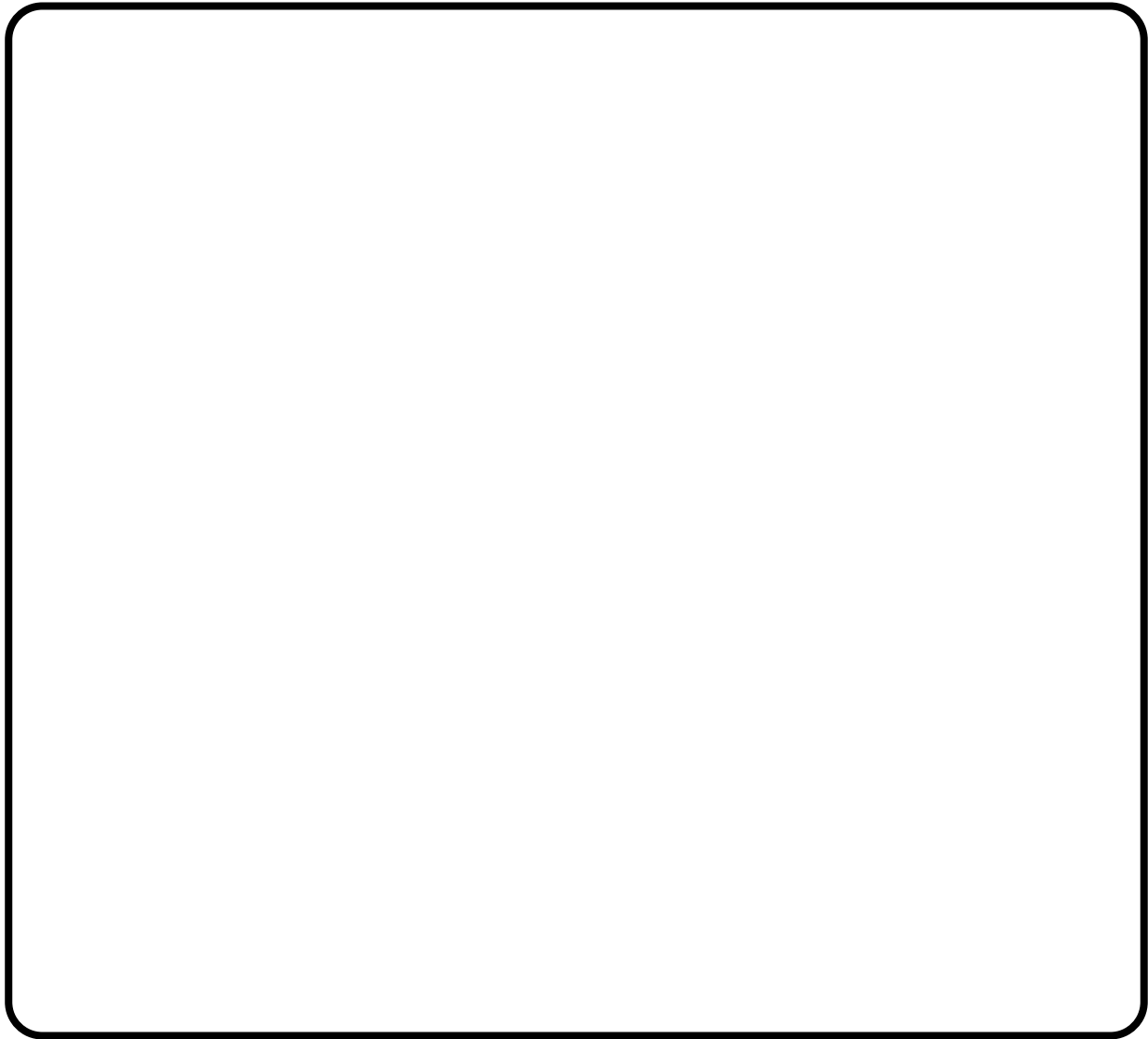
When you are ready to relax, you can find something you like to taste. Do you have a favorite snack like blueberries or carrots? Yummy! Draw a picture of your favorite snack.





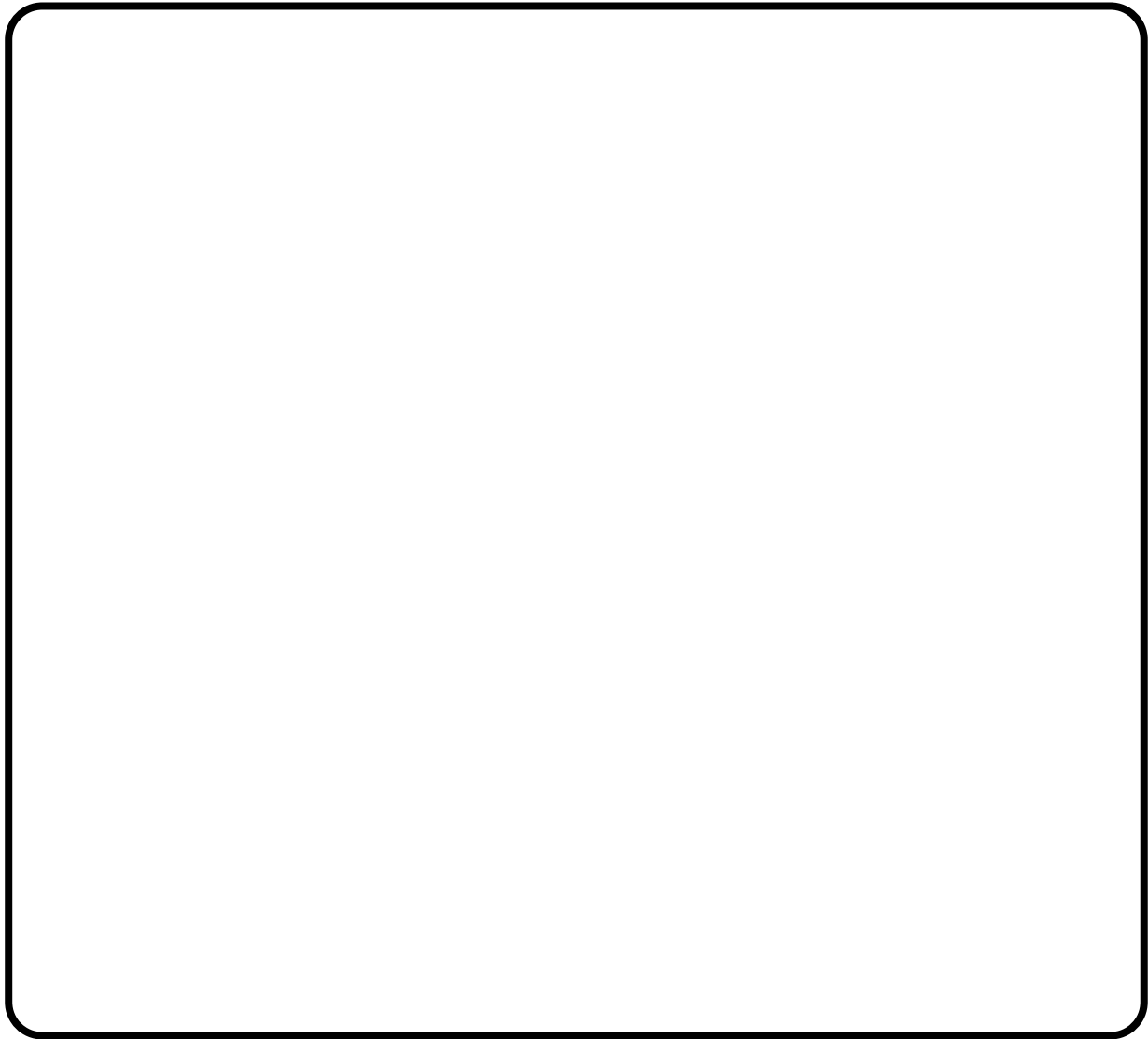
When you are ready to relax, you can find something that makes you feel happy. Maybe you like to give your friend a big hug or take a deep breath outside. Draw a picture of what you like to do to feel happy.





When you are ready to relax, you can find something you like to see. What do you like to see? Do you like to watch the birds fly by or watch bugs crawl across the grass? Draw a picture of what you like to see.





What other things will help you relax this summer?
Draw a picture of yourself feeling calm!





By staying relaxed and calm you will have lots of fun doing your favorite things this summer!

