



*Jackie Collins*

## BE A KOALA

FIND SOMEONE  
YOU CARE ABOUT  
AND ASK THEM FOR  
A HUG



*Jackie Collins*

## BE A HEART

MAKE YOUR HANDS  
INTO A FIST. RELAX AND  
REPEAT 10 TIMES



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## BE A SLOTH

SLOWLY, STARTING WITH  
FINGERS AND TOES AND  
WORKING IN, RELAX AND SLOW  
DOWN YOUR BODY



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## BE A LLAMA

CHEW A  
PIECE OF  
GUM





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## BE AN ARTIST

DRAW A PICTURE  
SHOWING YOUR  
EMOTIONS



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## BE A CATERPILLAR

WRAP  
YOURSELF  
SNUG IN  
A  
BLANKET



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## BE A BIRD

HUM "THE ABC'S", "ROW  
ROW ROW YOUR BOAT" OR  
YOUR FAVORITE SONG



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## BE A TREE

STAND  
TALL,  
TAKE A  
DEEP  
BREATH

AND  
COUNT  
TO 10





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## BE THE WIND

PLACE YOUR HANDS IN  
FRONT OF YOUR FACE AND  
BLOW LONG DEEP BREATHS  
INTO YOUR HANDS



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## BE A MONKEY

TAKE A FEW  
MINUTES TO  
STRETCH, SHAKE IT  
OUT, OR EVEN DO  
SOMERSAULTS



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## BE A FISH

GO TO A SINK.

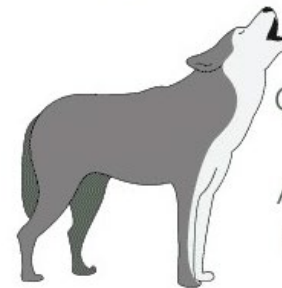


RUN YOUR HANDS  
UNDER THE WATER  
OR SPLASH SOME  
ON YOUR FACE



*Jackie Collins*

## BE A WOLF



GO TO A  
QUIET PLACE  
FOR SOME  
ALONE TIME.  
SIT QUIETLY