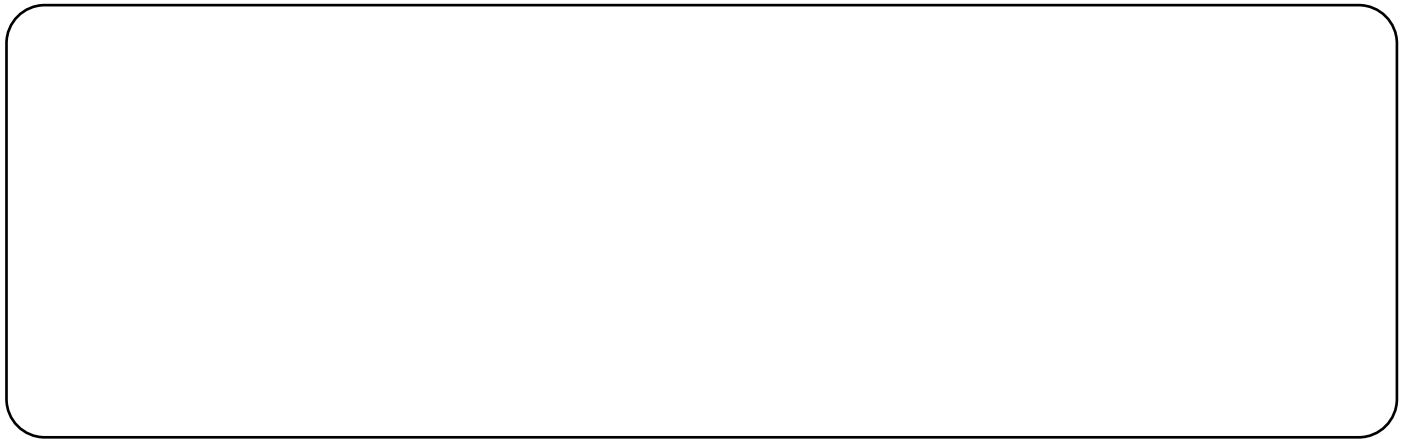


## Staying Calm – The Relax Room.

So how does your body feel & look when relaxed?

When do you feel most relaxed? Imagine it; make a picture in your mind of yourself in a relaxed state. Where are you? What are you doing? Can you describe or draw it?



Is there an area or space that you go to when you want to relax? Imagine you have the chance to decorate & kit out a room for people to relax in. What colours would you use? What would you put in the room?



Is there somewhere in school where you feel you can go & relax? Why are these places your 'relax room'? List them below & reasons why.



If there is not an area in school or home, how could you change this? Can you set yourself a target(s) to help you have a Relax Room?

### Self-target Time

1.

2.