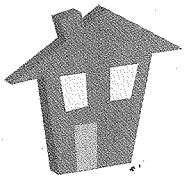


# WARM-DOWN ACTIVITY

## Relax And Feel Good

Your group leader/teacher will explain what to do. He/she will play a relaxation game with you. Take as many slow, deep breaths as your age (for example, if you're 10 – take 10 slow deep breaths). Make all your muscles hard and tense, counting up to your age. Then, let all your muscles get loose and relaxed. Next, close your eyes and think about your peaceful, calm place. Try your best to imagine what you can see, hear, smell, taste and feel on your skin in your peaceful place.



## HOME ACTIVITIES 2A

Practice these activities together with all of the family

### Feelings Dice!

Use the template on the next page to make a feelings dice. Or you can use a regular dice and write a feeling for each number on the dice on a separate piece of paper. You can also choose your own feelings. For example #1 on the dice could be worried, and #2 could be confident. Sit in a circle with your family and roll the dice so no one can see. When you get the number/feeling, have a family discussion about the following:

- » A time you felt that emotion.
- » Something you can do when you feel that emotion (e.g., talk to somebody if you feel sad, take deep breaths if you feel worried).
- » A time somebody you know felt that way, and how you could help them to feel better (if it is an unpleasant feeling like sad or worried).

