

# Level 3: BY THE WATERFALL



Sandy says relaxation is a great thing to do any time you're feeling tense or really stressed out, or when your body is telling you that you're feeling anxious.

If you ask yourself "Am I Feeling Frightened?" and the answer is "Yes!" Then it may be time to do some relaxation. Follow these steps any time you want to relax.



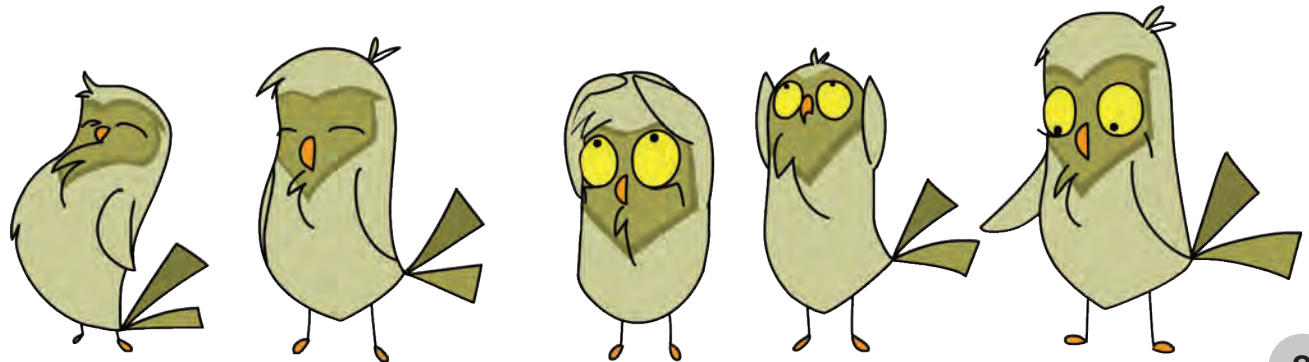
## Practice for Level 3 at Camp Cope-A-Lot

This week at Camp Cope-A-Lot we're asking you to practice relaxation. Practice on your own at least once this week on your own so you'll know what to do!

## Relaxation

1. Sit or lie in a comfortable position.
2. **Breathe.** Take a slow and deep breath to the count of 5. Breathe in through your nose, and let it out through your mouth—like you're blowing up a balloon in your tummy. Do this twice.
3. **Relax your hands.** Next, take your right hand and pretend you're holding a lemon and trying to squeeze out all the juice for 5 seconds. Now let the lemon drop to the floor. Relax your hand. Now do the same thing with your left hand.
4. **Relax your shoulders.** Try to make your shoulders touch your ears. Squeeze your head into your shoulders, like a turtle going into its shell. Now let your shoulders drop -- relax your shoulders. Do this twice.
5. **Relax your neck.** Turn your head to the left. Now slowly turn your head to the right. Now put your head down so that your chin is touching your chest, and now put your head all the way back.

There's more... turn to the next page!



## Level 3: BY THE WATERFALL (continued)



Next time you're at Camp Cope-A-Lot, visit the Waterfall. Sandy will take you through relaxation any time you need a review.

Relaxation, continued.

6. **Relax your arms.** Take your arms and reach for the ceiling, try to touch the ceiling. Hold your hands up as high as you can. Now let your arms drop to your sides. Give 'em a little shake.
7. **Relax your stomach.** Squeeze in your stomach, like you're doing a sit-up or trying to fit through a narrow fence, make your stomach really tight. Now relax your stomach. Do this twice.
8. **Relax your thighs** (upper parts of your legs). Focus on your right thigh and tighten it for 5 seconds. Then relax your thigh. Do the same thing with your left thigh.
9. **Relax your feet and toes.** Try to curl your toes down as far as you can, like you're digging them into squishy mud. Hold them there for 5 seconds. Then relax your toes. Do this twice. If you're having trouble curling your toes, you can put your feet on the floor and push your feet and toes into the floor as hard as you can.

