

 **Feel Safe and Calm**

We all feel better when our bodies are relaxed. Try this pose and pretend you are a turtle, safe inside your shell.

WHAT TO DO:

- Get on your hands and knees and sit back on your heels, resting your forehead on the floor.
- Walk your fingers away from your body to stretch your hips, thighs, and ankles. You can also try swinging your arms back and holding on to your feet.
- Slowly breathe in, slowly breathe out. Feel your body relax.
- When you are ready, come back out of your shell.

