

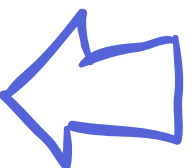
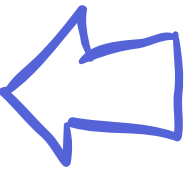
MY BODY MY BUSINESS

I CAN USE MY BODY TO CHANGE MY MOOD:

GET ACTIVE

CHANGE MY
BREATHING

RELAX MY
BODY



When I get active I feel:

When I change my breathing I feel:

When I relax my body I feel:

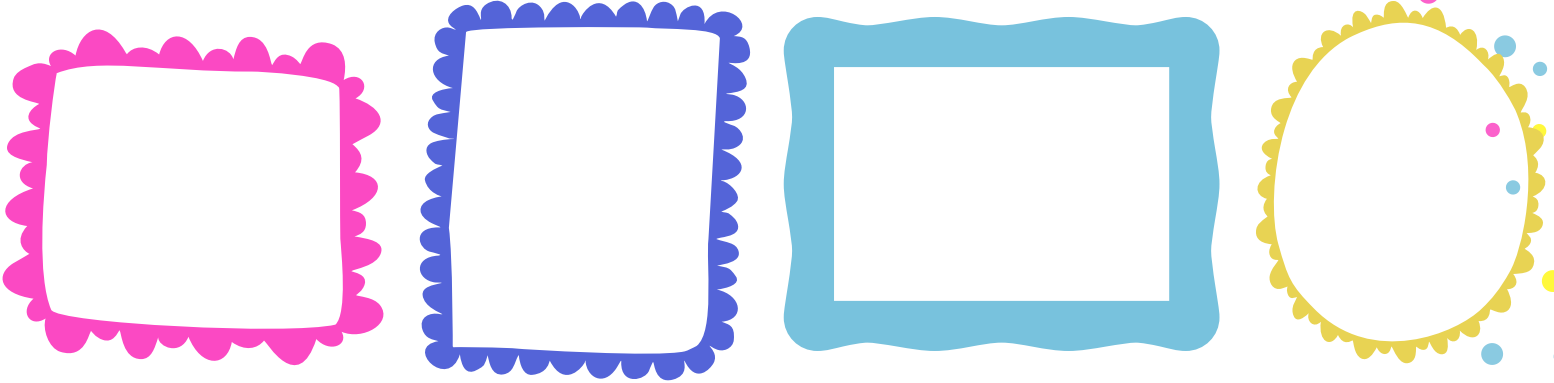


PREPARED BY:

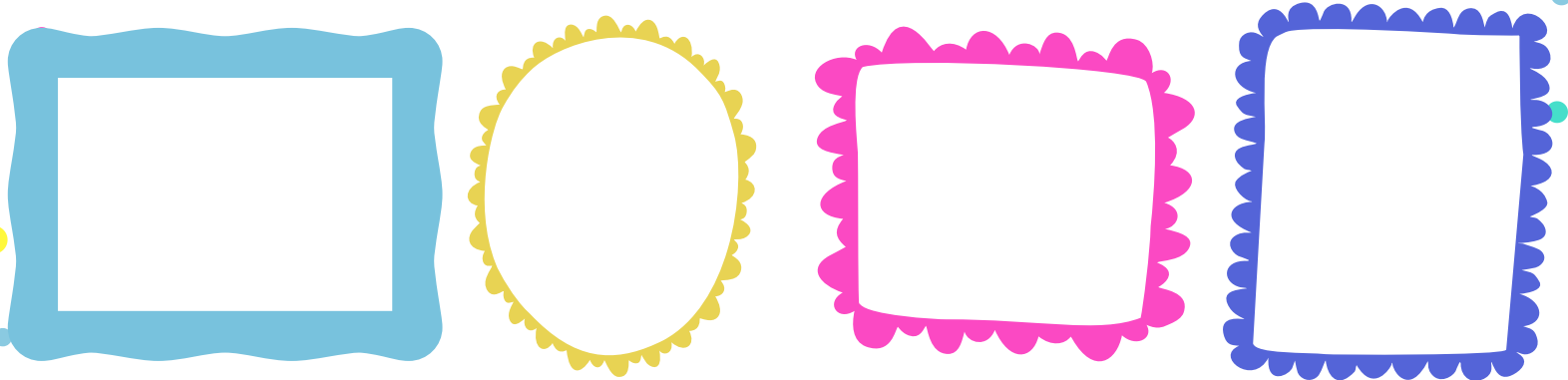
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How I Change My Mood

WAYS I GET ACTIVE TO BUILD ENERGY & HAPPINESS:



WAYS I RELAX MY BODY TO ACHIEVE CALM:



WAYS I CHANGE MY BREATHING TO FEEL REGULATED AND PRESENT:

