Relaxation Experiment

Breathing

Before

After

Games

“Mental Journey”

Before

After

“Vending Machine”

Before

After
Muscle Relaxation

Before

After

Visualization

Before

After

Quiet / Music / Drawing

Before

After
Most relaxing activity: ________________________

Least relaxing activity: ________________________

What types of activities stress me out?
___________________________________________
___________________________________________
___________________________________________

How can other adults and other students keep me relaxed?
___________________________________________
___________________________________________
___________________________________________
___________________________________________