





Connect us...

What do you look like when you feel calm and relaxed?





This lesson is all about **relaxing**.

Part of being healthy is having the ability to wind down and relax.

- Why do you think it is important to relax?
- What would happen if we never relaxed?

There is an imaginary line that runs along the floor.

It starts at 1, and ends at 10.

Very calm

Very tense

1

10

Very calm

Very tense

1

10





Very calm

Very tense

1

10



Very calm

Very tense

1

10



Very calm

Very tense

1

10





On your table, work as a group to order your pictures from most calm to least calm.



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%20versions&sid=260](https://app.gonoodle.com/activities/bring-it-down?sp=search&sn=search&st=video%20versions&sid=260)

