

CIRCLE AND TAP

RUB YOUR TUMMY IN A CIRCLE WITH ONE HAND. AFTER TEN CIRCLES, START TAPPING YOUR FOREHEAD GENTLY WITH YOUR OTHER HAND AT THE SAME TIME. SWAP HANDS AND DO ANOTHER TEN CIRCLES AND TAPS.



 Innovative Resources

ERS
N YOUR
R HEART
YES, YES,
KEEP
YING 'YES'
TIMES.



SLO-MO

SAY THE SENTENCE ON THE CLIPS VERY, VE ... RY SLOW ... LY:
KEEP SAYING IT, GOING EVEN MORE SL ... OW ... LY EACH TIME.



FEEL FABRIC

THES WITH
FEEL THE
WEIGHT OF
W DOES IT
OUR SKIN?
ROUGH, HEAVY
OR LOOSE?



Y
TIMES OUT LOUD,
TO FEEL CALM
SAY FOUR
ALREADY FEELING
AND NOW
YES, 'THIS
ODI'

