

5

4

3

2

1



exhale

5

4

3

2

1



inhale



Body Scan

Feet to Crown



Crown

**Face &
Forehead**

**Neck &
Shoulders**

**Chest &
Ribcage**

Hips

Thighs

Shins

Feet

Expressing Gratitude

Dear _____,

I'm grateful for the moment we shared together when _____.

When you _____, it made me feel _____ inside.

Thank you for sharing this time together with me.



Furious

Annoyed

Surprised

Excited



Frustrated

Angry

Happy

Playful



Disappointed

Sad

Calm

Peaceful



Hopeless

Lonely

Relaxed

Serene



May you be **safe**...
May you be **healthy**...
May you be **happy**...
May you be **at ease**...



exhale

flip

flip

inhale

