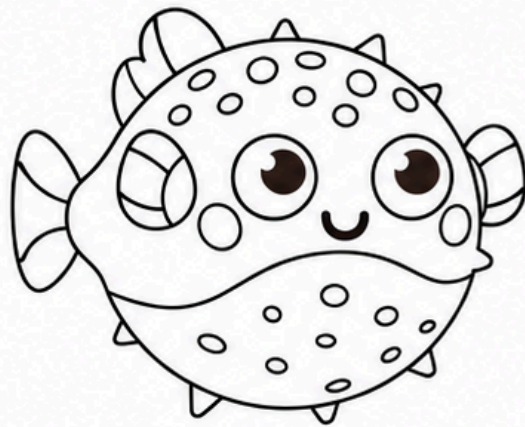


5



exhale

5

4

4

3

3

2

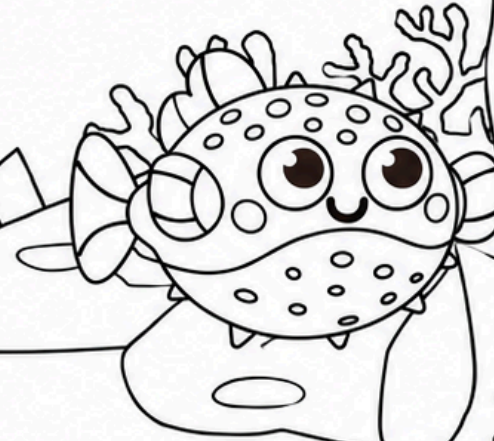
2

1

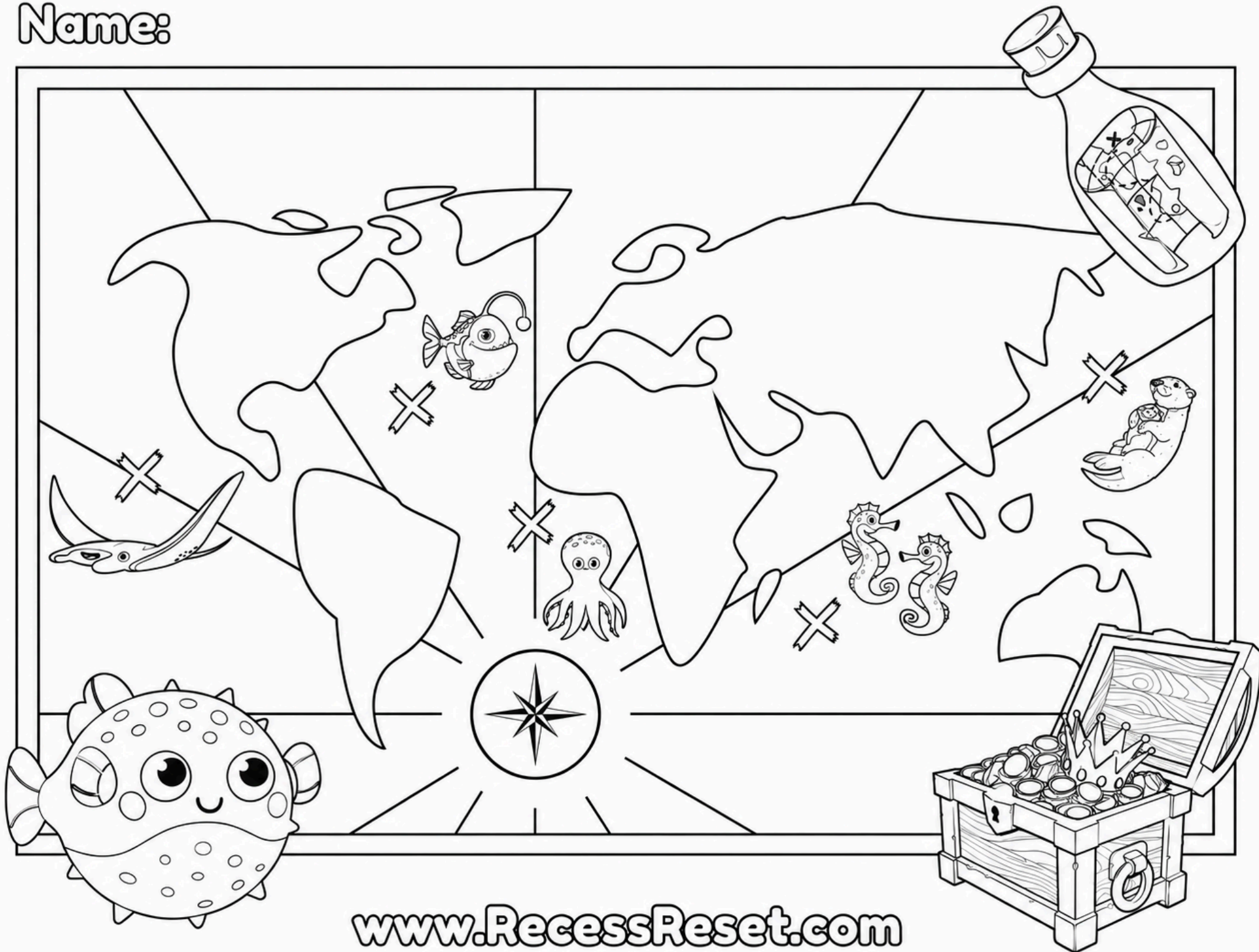
1



inhale



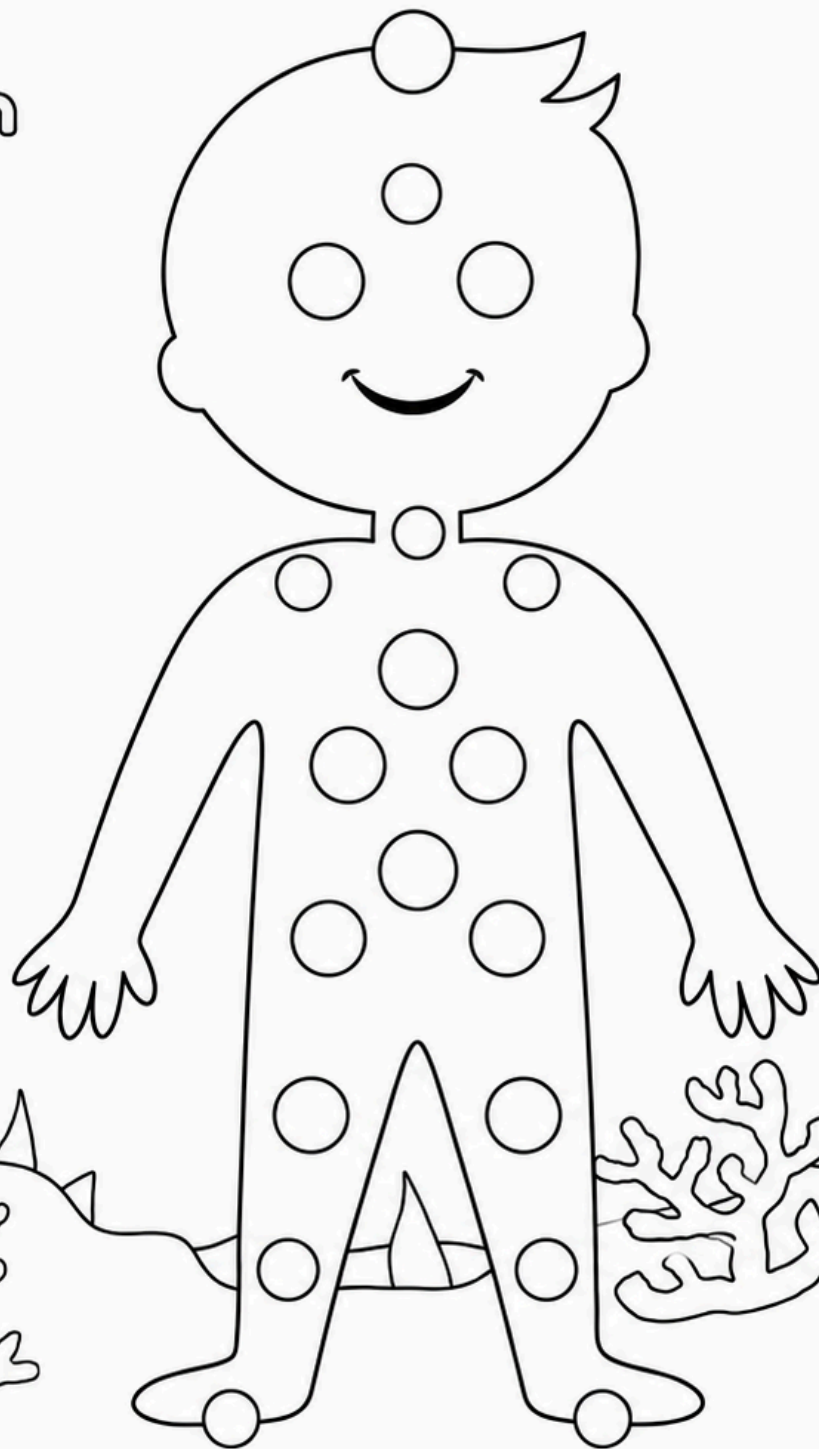
Name: _____



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Body Scan

Feet to Crown



Crown

Face &
Forehead

Neck &
Shoulders

Chest &
Ribcage

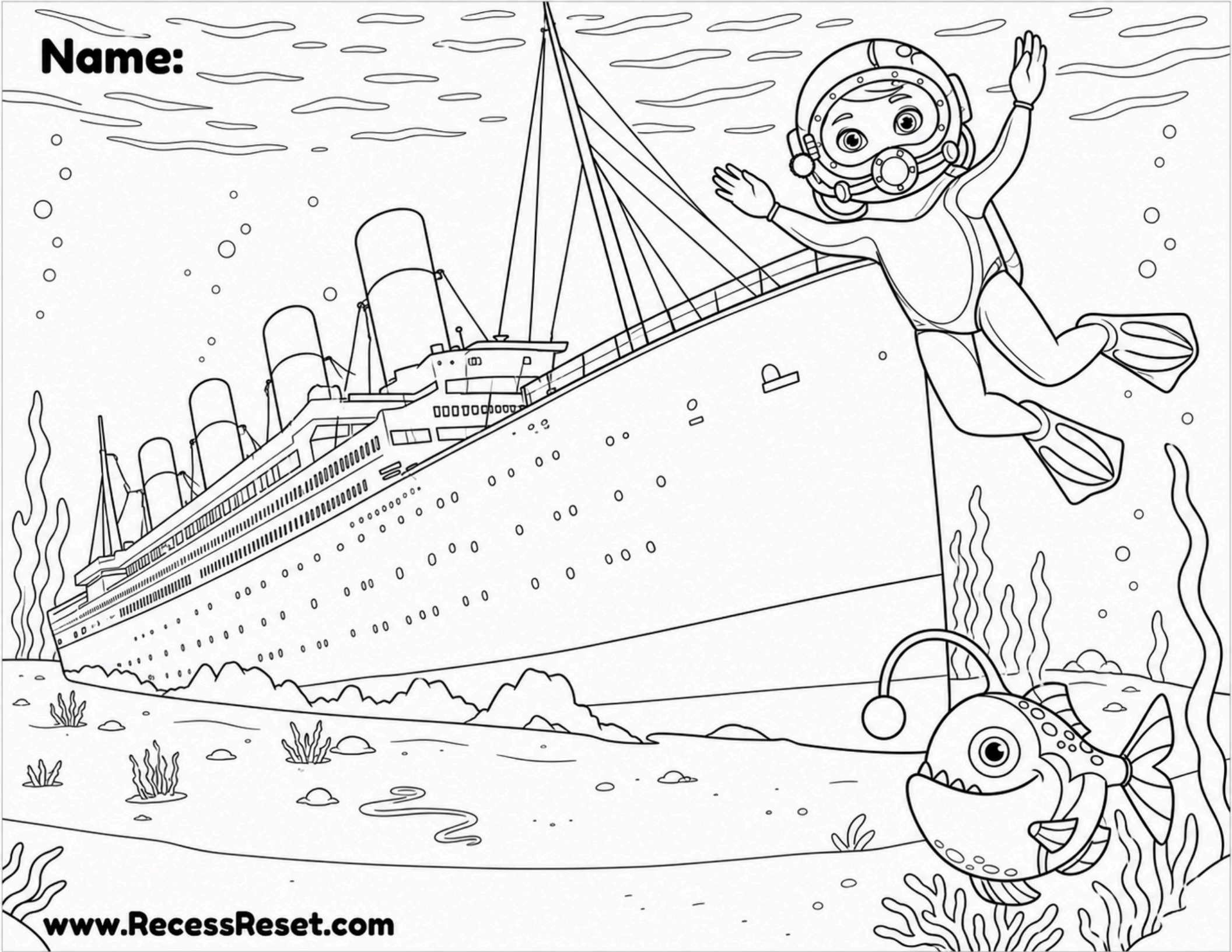
Belly & Hips

Thighs

Shins

Feet

Name:



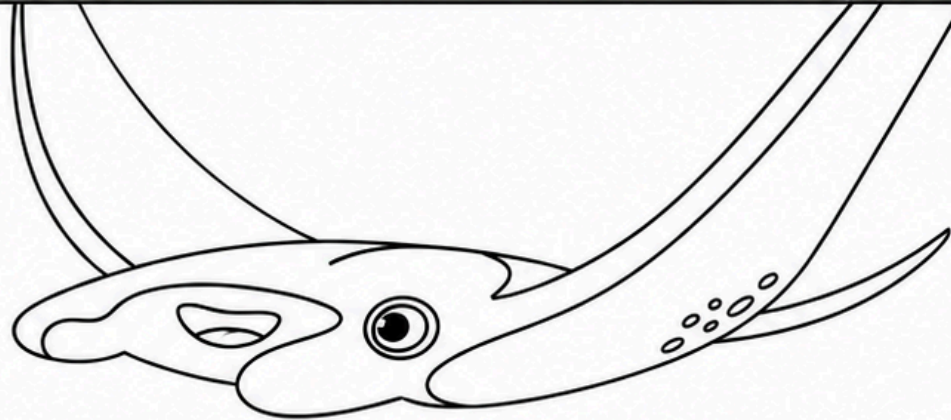
Expressing Gratitude

Dear _____,

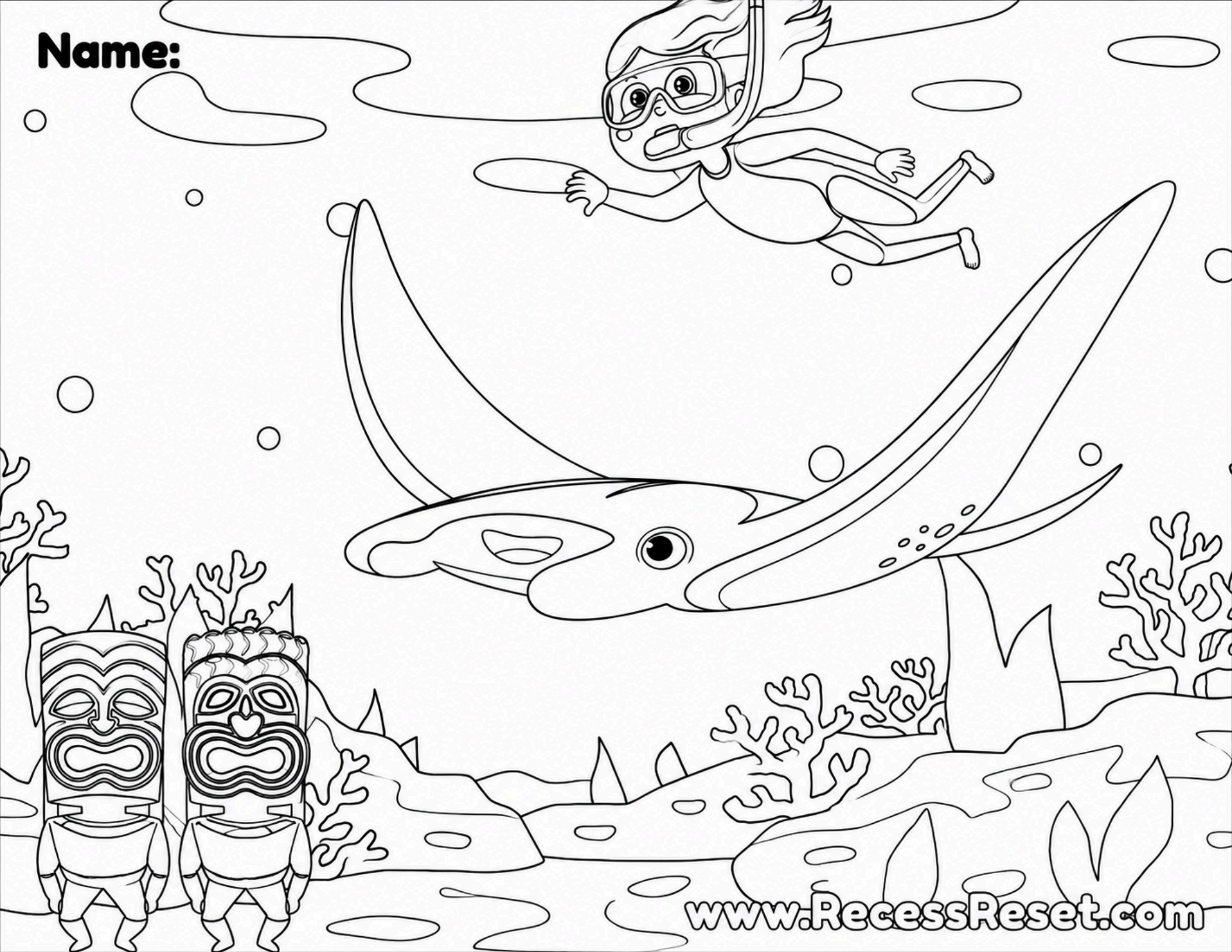
I'm grateful for the moment we shared together when _____.

When you _____, it made me feel _____ inside.

Thank you for sharing this time together with me.

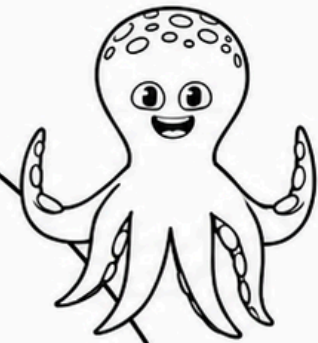


Name:





Furious
Annoyed
Frustrated
Angry



Excited
Surprised
Playful
Happy



Afraid
Anxious
Worried
Terrified



Calm
Relaxed
Peaceful
Serene

Sad
Lonely
Disappointed
Hopeless

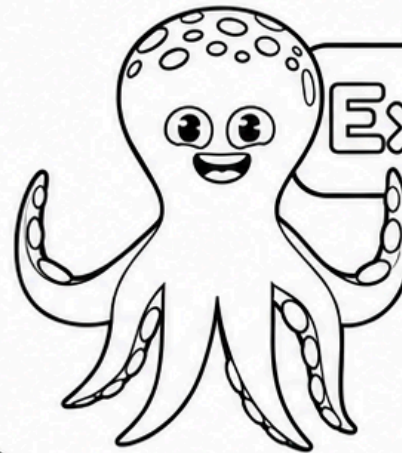


**Emotions
Wheel**

Anger



Excitement



Fear



Calm



Sadness



Name:

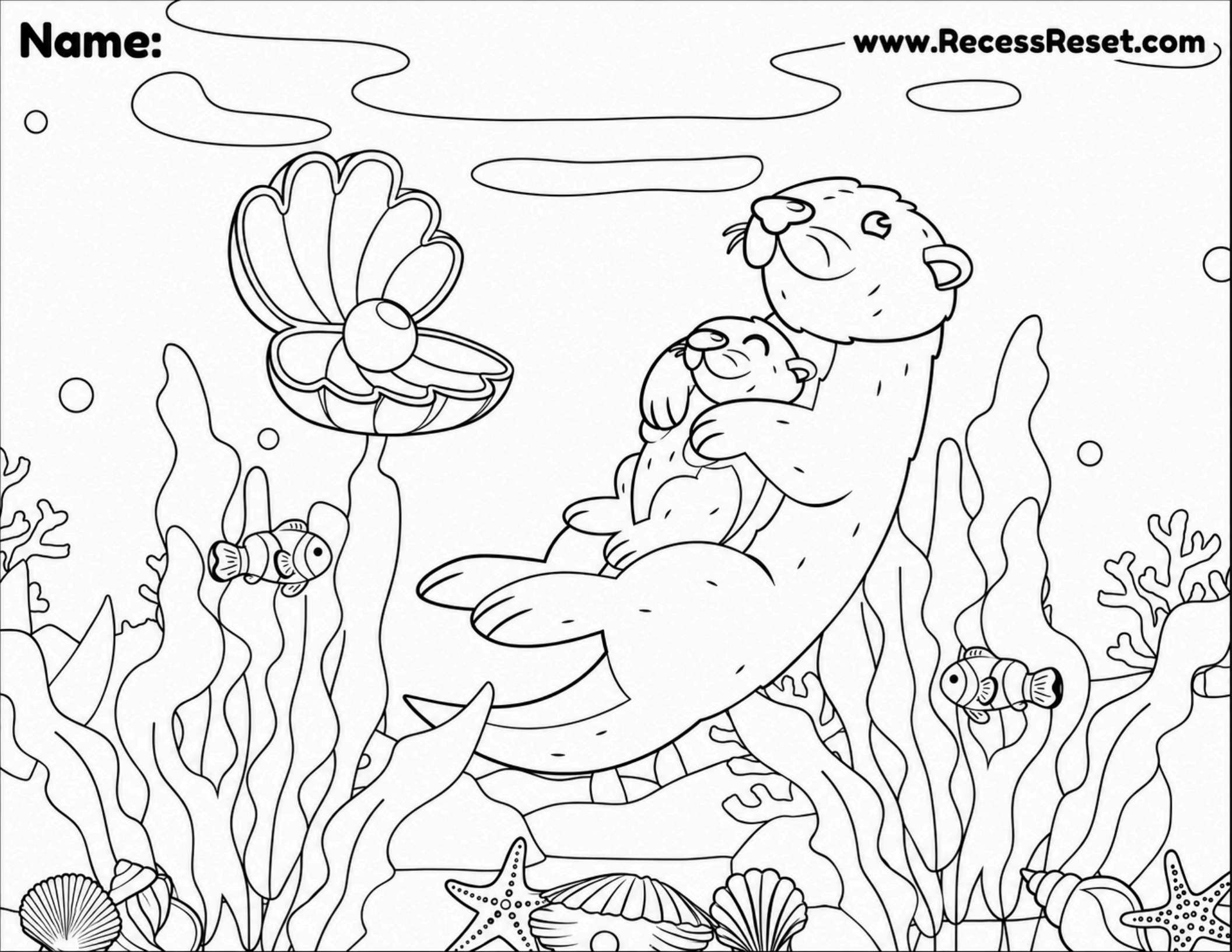
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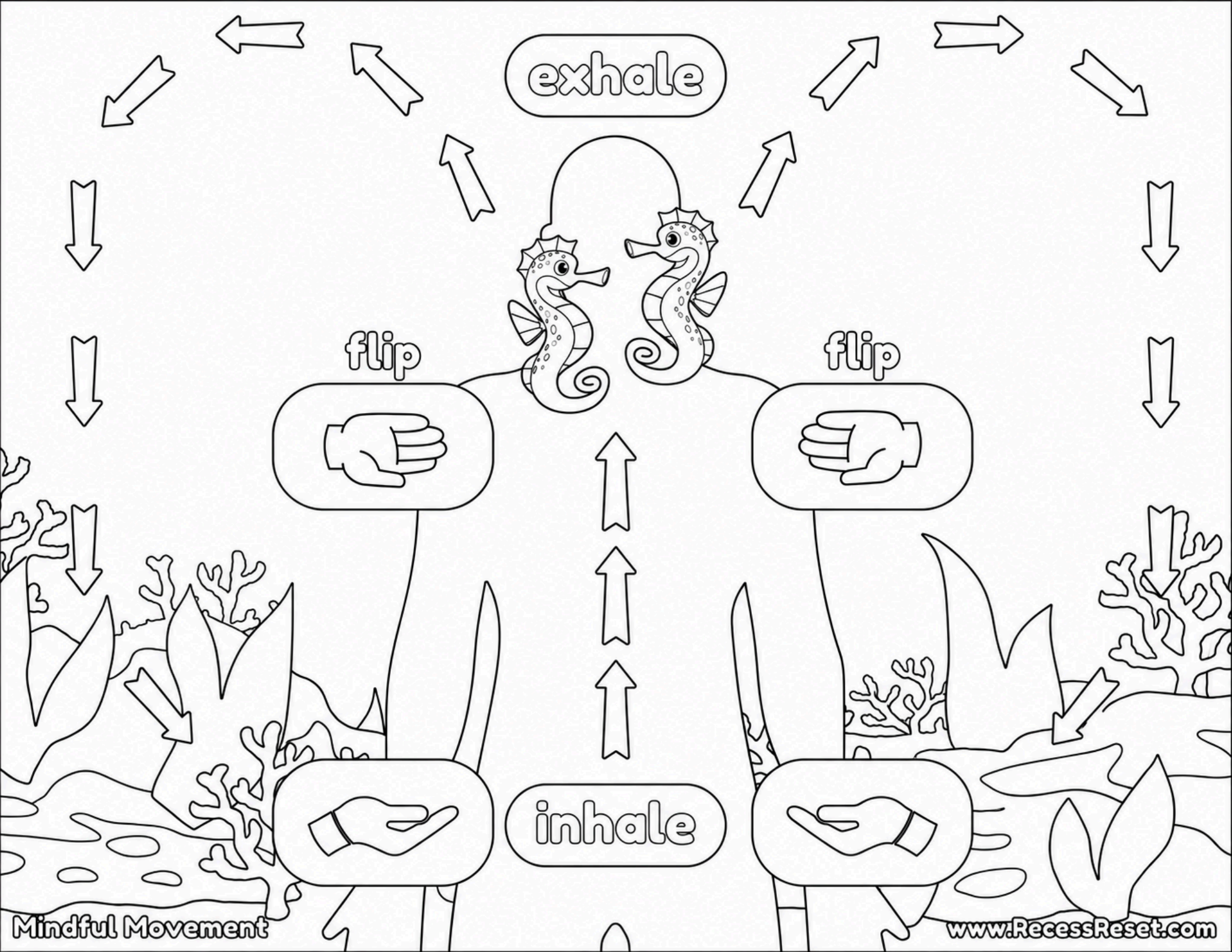
May you be safe...
May you be healthy...
May you be happy...
May you be at ease...



Name:

www.RecessReset.com





exhale

flip

flip

inhale

Name:

www.RecessReset.com

