

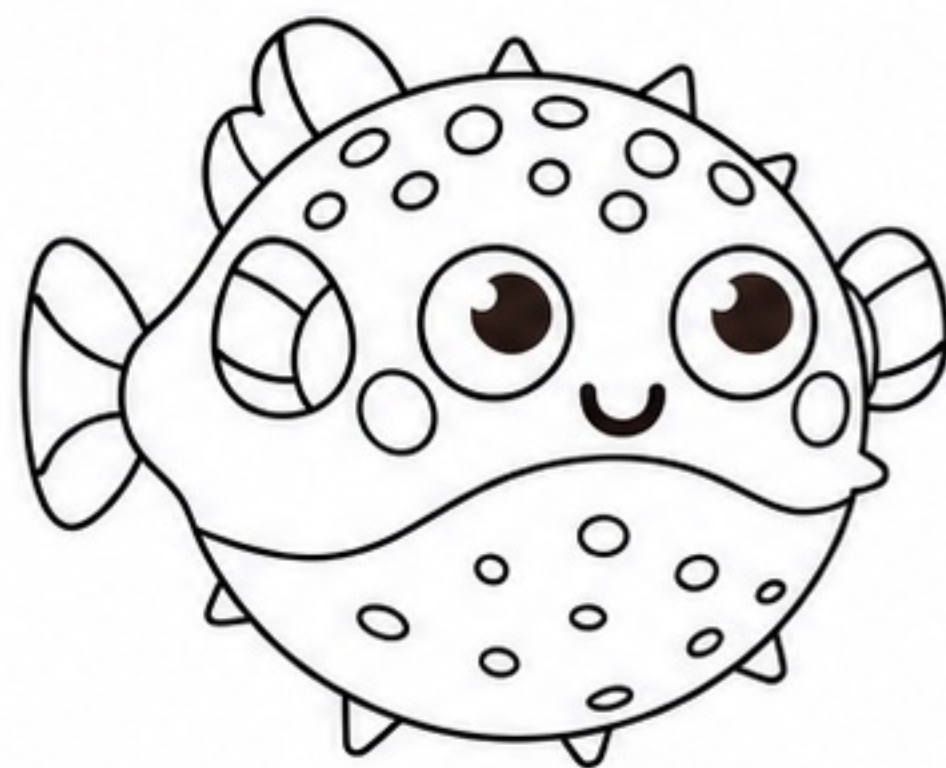
5

4

3

2

1



exhale

5

4

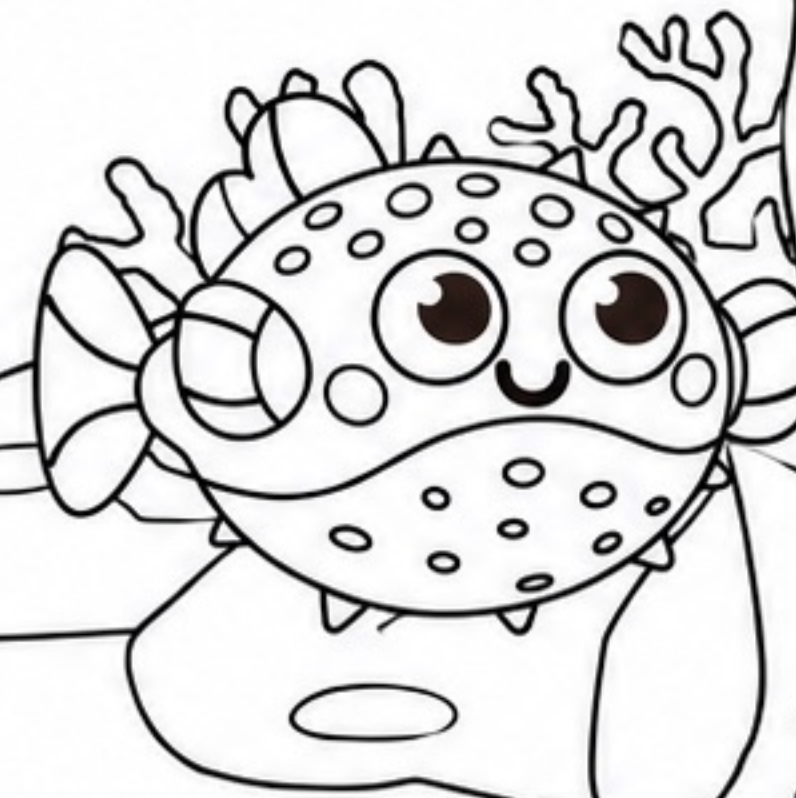
3

2

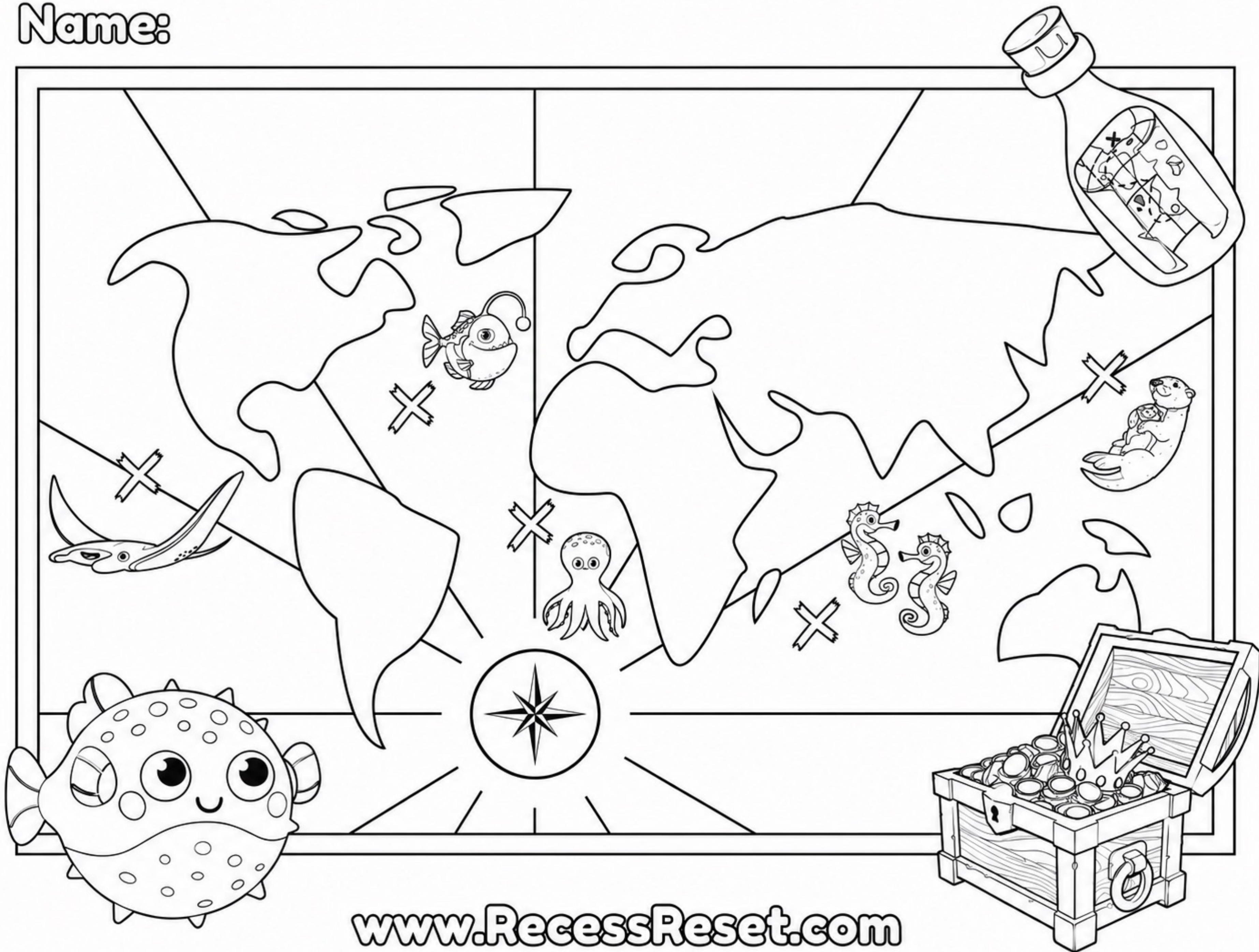
1



inhale



Name: _____



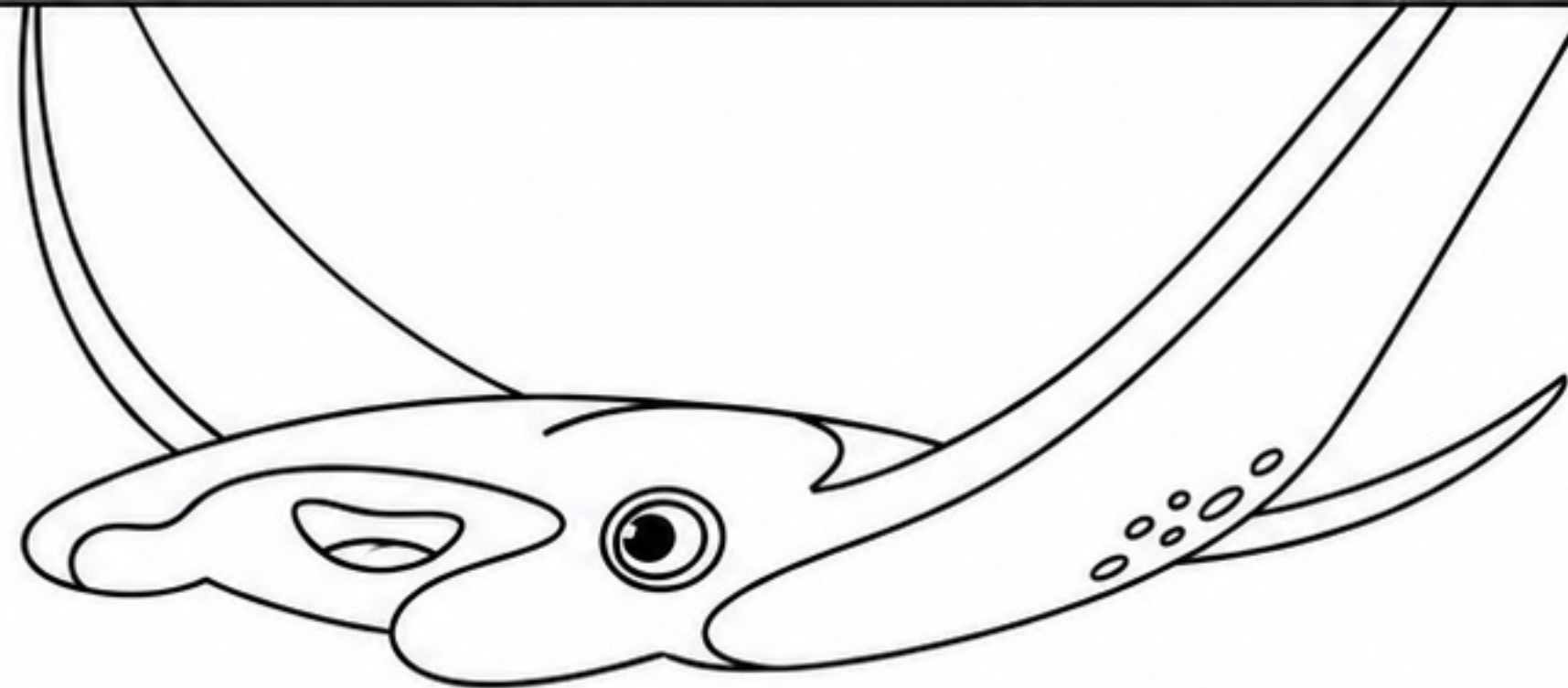
Expressing Gratitude

Dear _____,

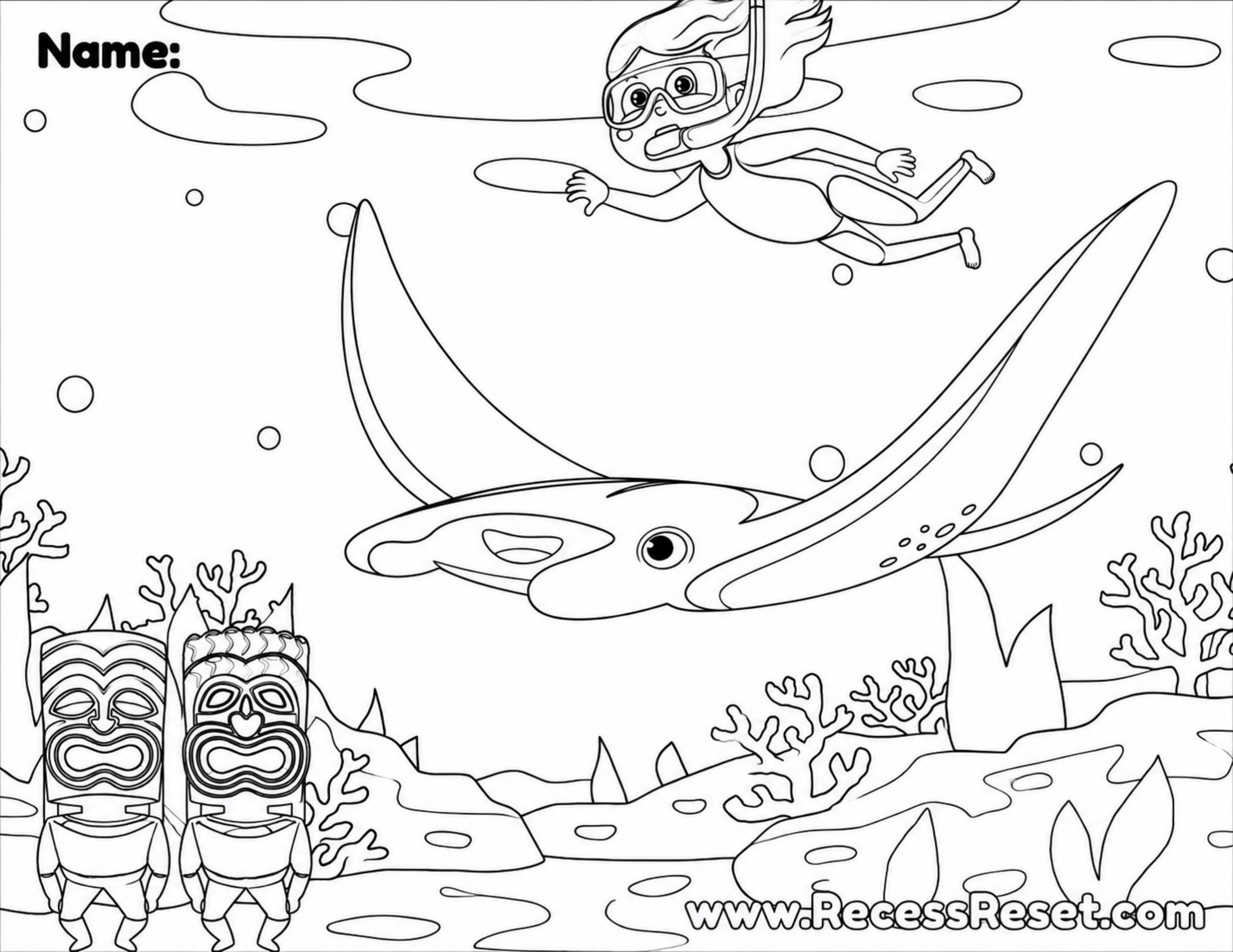
I'm grateful for the moment we shared together when _____.

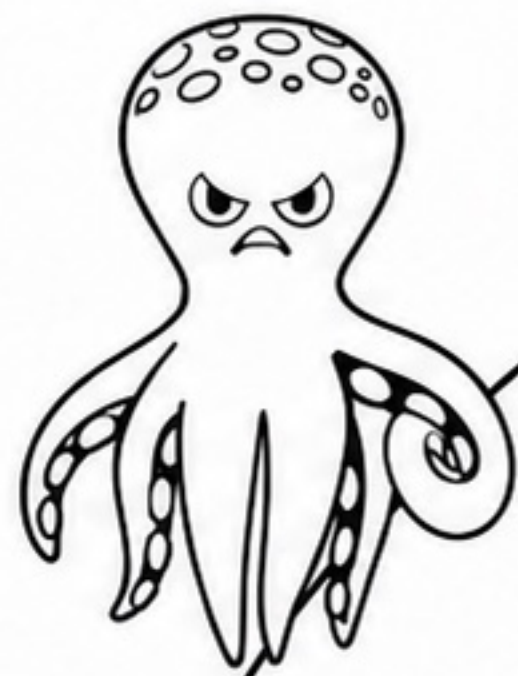
When you _____, it made me feel _____ inside.

Thank you for sharing this time together with me.



Name:





Furious

Annoyed

Frustrated

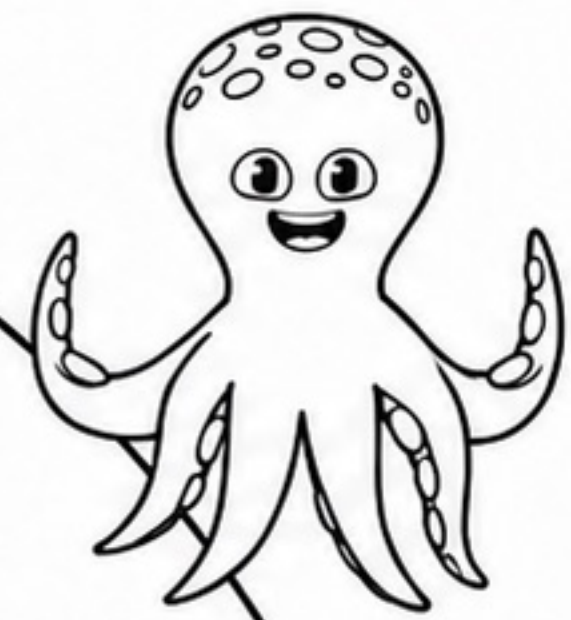
Angry

Excited

Surprised

Playful

Happy



Calm

Relaxed

Peaceful

Serene



Sad

Lonely

Disappointed

Hopeless



Afraid

Anxious

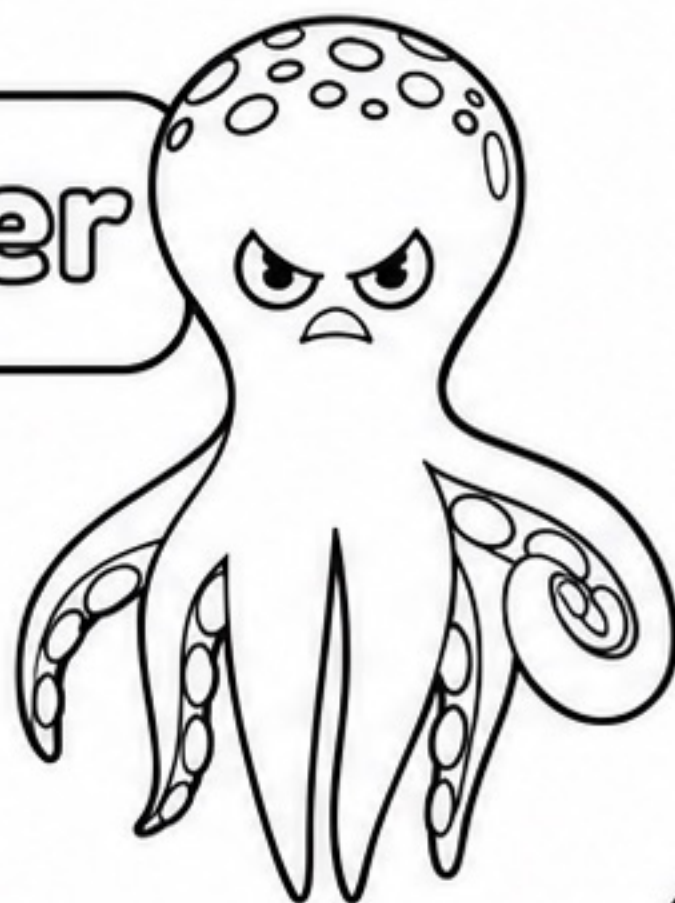
Worried

Terrified



**Emotions
Wheel**

Anger



Excitement



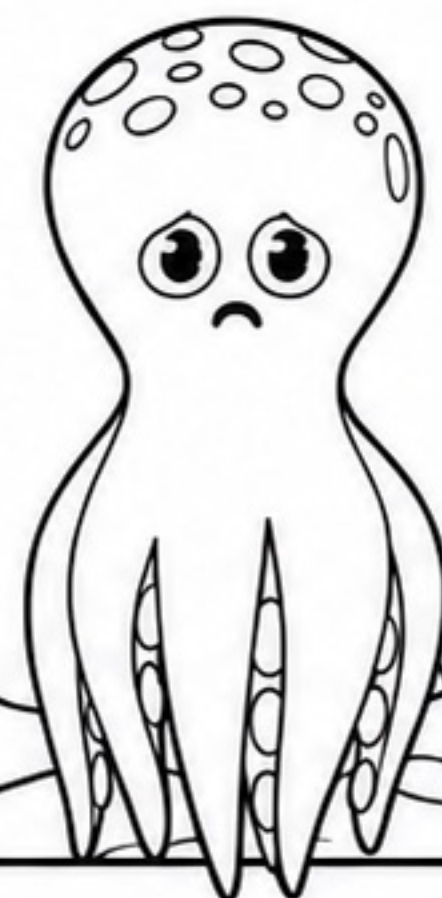
Fear



Calm



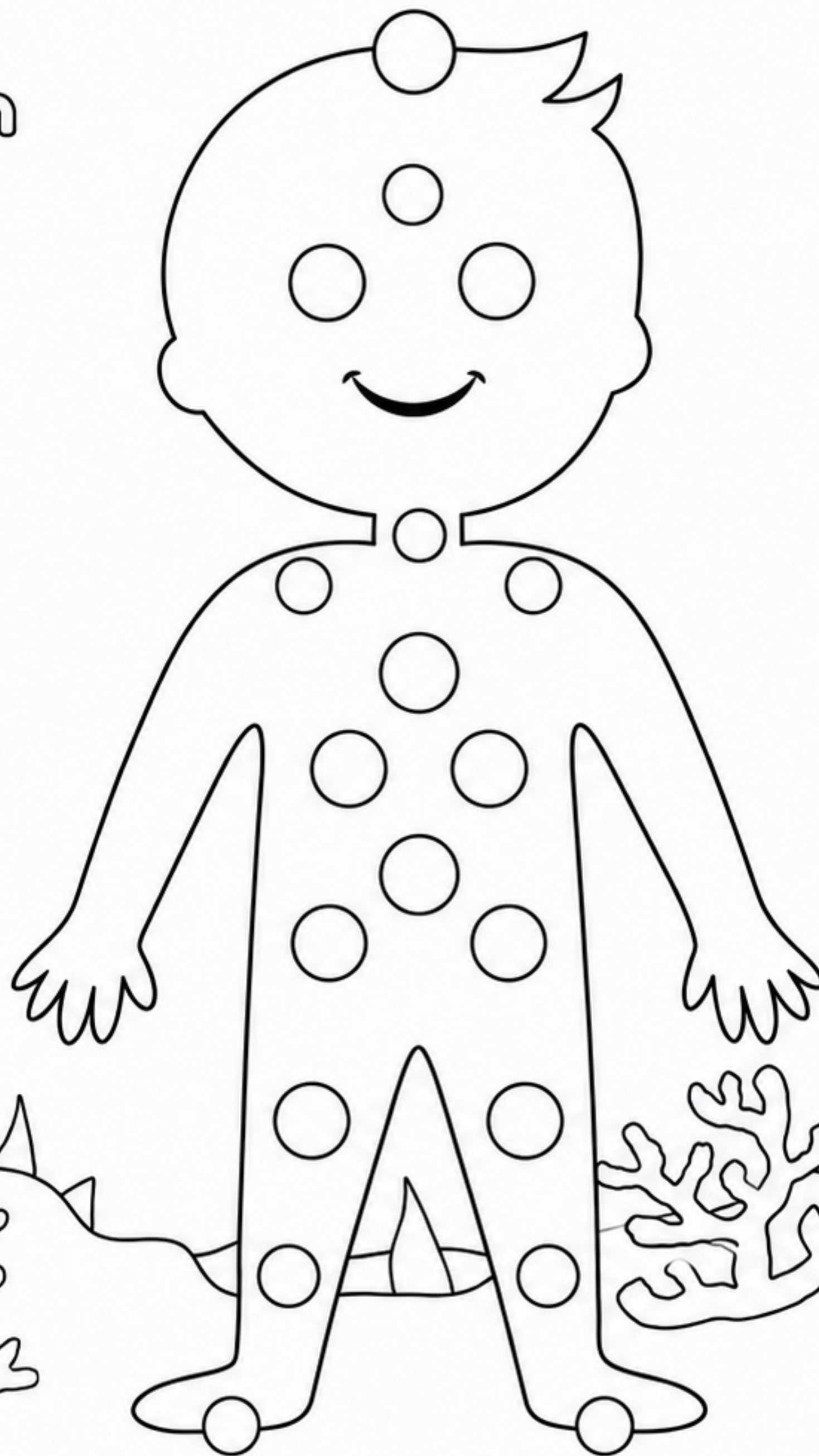
Sadness



Name:

Body Scan

Feet to Crown



Crown

Face &
Forehead

Neck &
Shoulders

Chest &
Ribcage

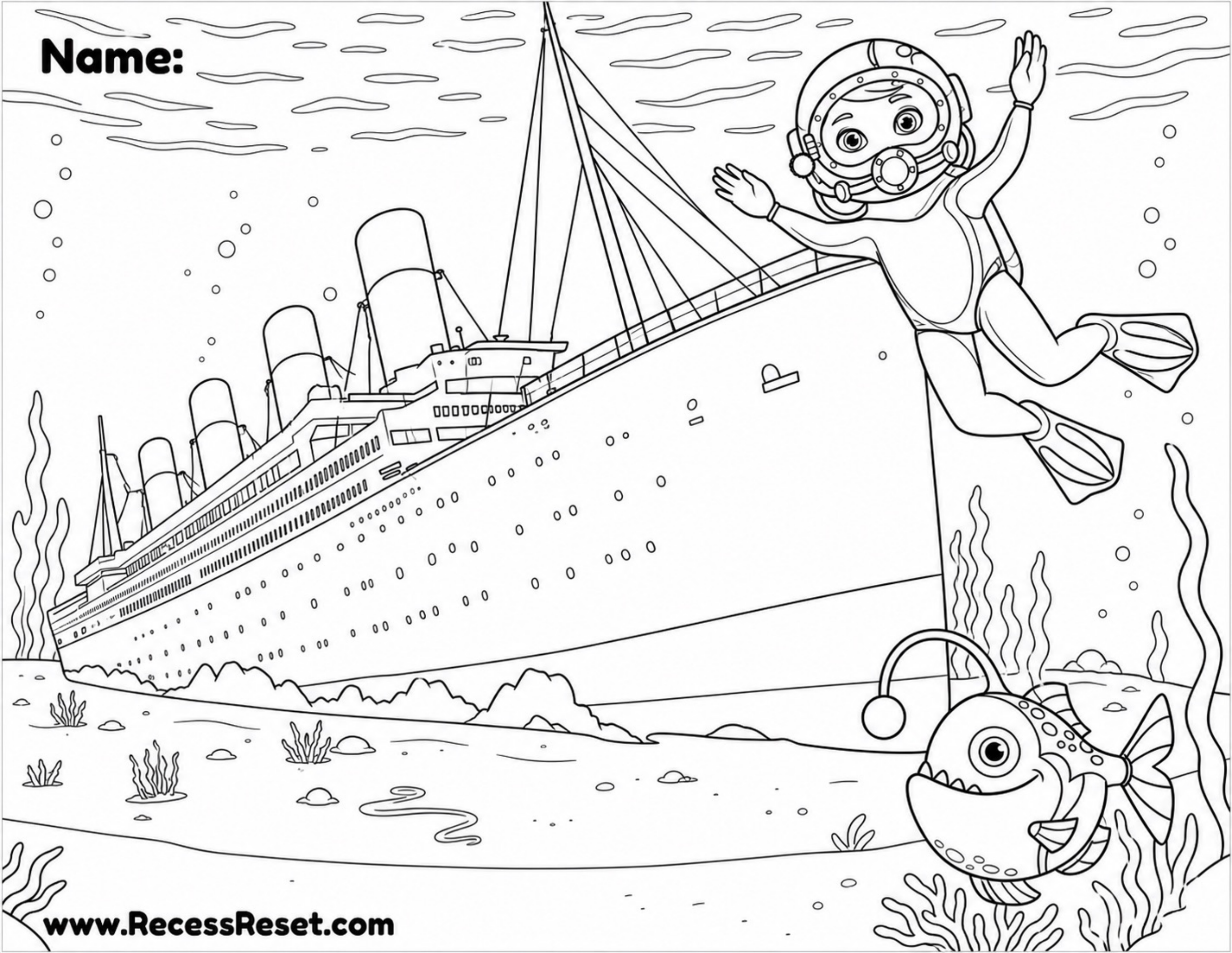
Belly & Hips

Thighs

Shins

Feet

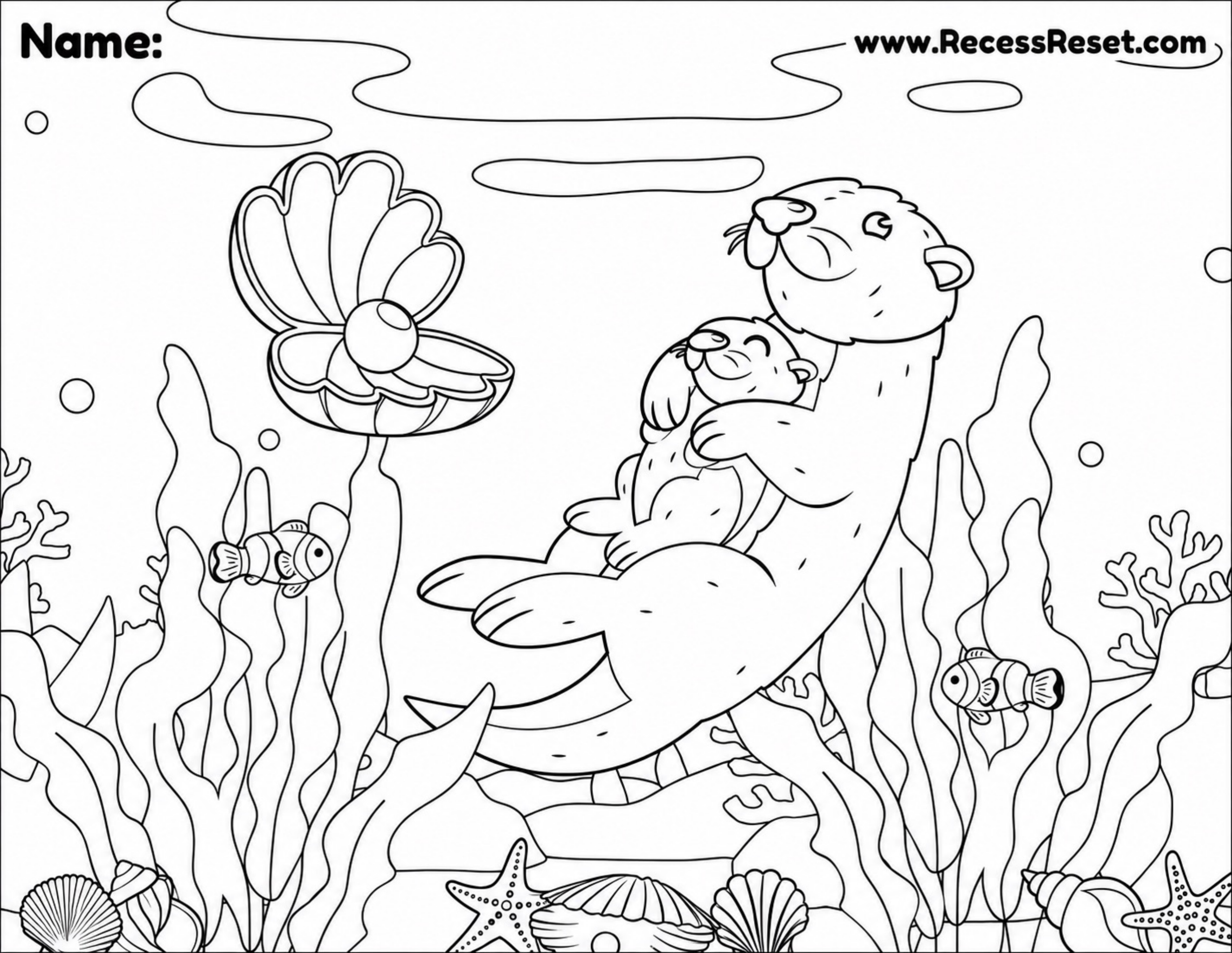
Name:

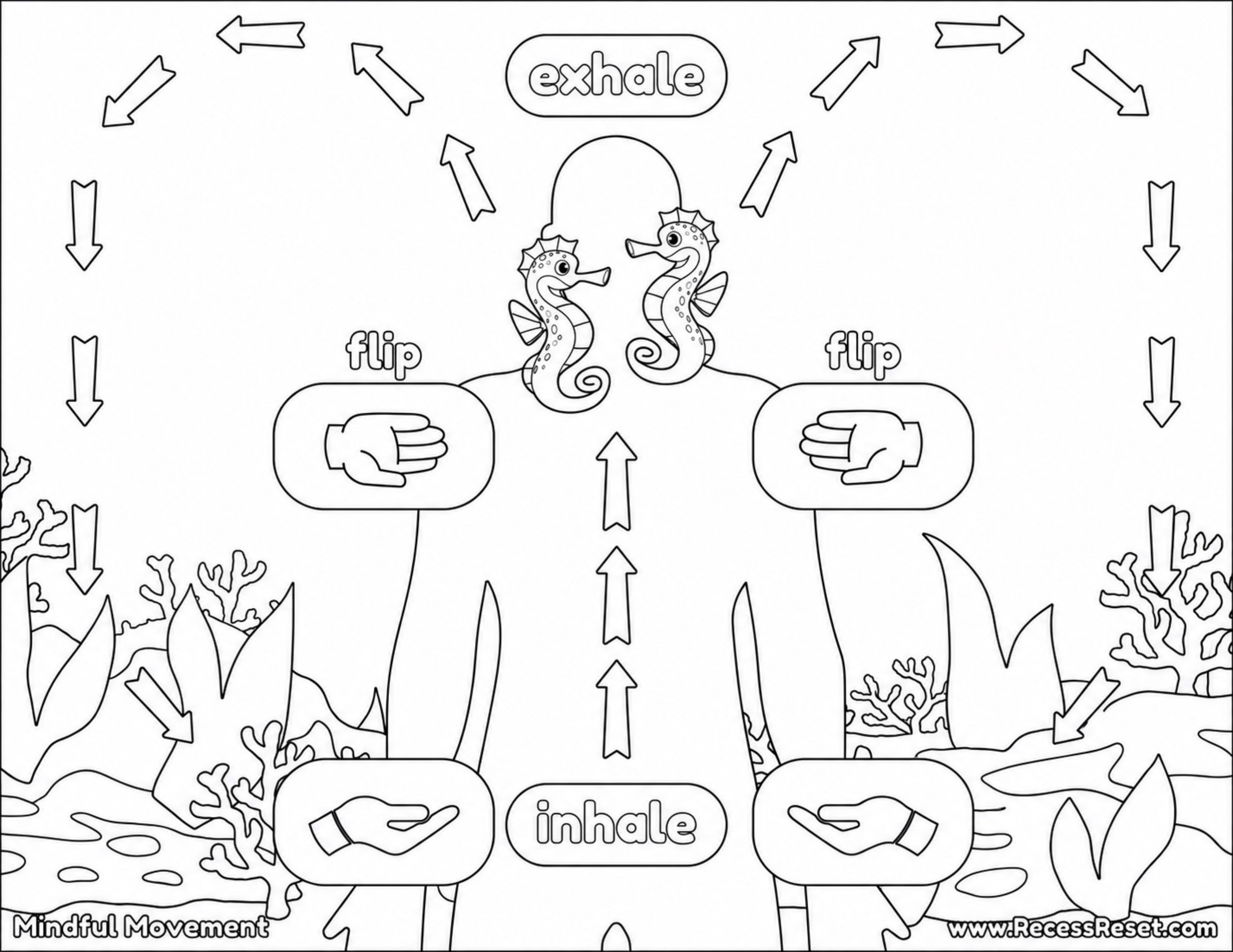


May you be safe...
May you be healthy...
May you be happy...
May you be at ease...



Name: _____





exhale

flip

flip

inhale

Name:

www.RecessReset.com

