

# Ways to Relax

## 1. Where in the World Are You

- Find a safe place to sit or lay down.
- Close your eyes and listen to the sounds in your space.
- Which are closest to you?
- Which are far away?
- Which to the left, or right?

## Watch! Cloud Gazing

- Sit quietly,
- Pay attention to your breathing (inhale and exhale).
- When thoughts or feelings come up, think of them like clouds passing through your mind, which is like the sky.
- You can watch the clouds come and go just like you can watch clouds in the sky move and shift their shapes.
- Try to change your feelings and make them calm.
- Think of a shape that makes you feel calm inside.