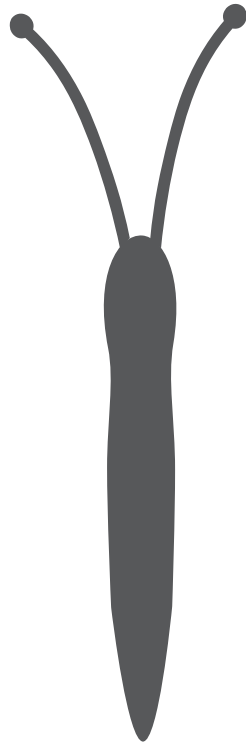




# DRAW YOUR OWN RELAXING BUTTERFLY



DID YOU KNOW A BUTTERFLY HUG CAN HELP YOU FEEL MORE CALM AND RELAXED? HOLD YOUR HANDS OUT IN FRONT OF YOU WITH YOUR PALMS TOWARDS YOU AND CROSS YOUR HANDS SO THEY FORM A BUTTERFLY. IMAGINE THIS IS THE BUTTERFLY YOU PICTURED AND PLACE IT ON YOUR CHEST, CLOSE TO YOUR HEART AS IF THE BUTTERFLY IS GIVING YOU A SOFT HUG.

GO AHEAD AND FLAP YOUR BUTTERFLY'S WINGS, BY GENTLY TAPPING YOUR HANDS ON YOUR CHEST OR SHOULDER, ONE AT A TIME...

