VOCABULARY: WAYS TO STAY RELAX

Indication: Read the vocabulary and label it with the correct concepts.

1. **Breathe:**
2. **Exercise:**
3. **Talk:**
4. **Meditate:**
5. **Pamper yourself:**
6. **Do something you enjoy:**

- **Close your eyes and focus on something calm. Feel relaxed.**
- **Listen to music, sing, watch TV, or meet a friend.**
- **Walk or exercise for just 30 minues each day, and feel better.**
- **Take a hot bath, or have a massage.**
- **Call a friend and talk about your problems.**
- **Take a breath, hold it fo four seconds, and then breathe out very slowly. Feel your body relax.**

LIVEWORKSHEETS