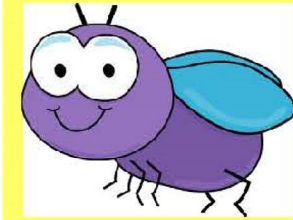
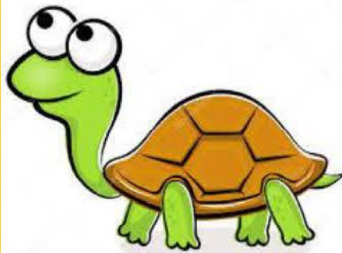


Try each of these more than once!

Here comes a pesky old fly! He has landed on your nose. Try to get him off without using your hands. That's right, wrinkle up your nose! Scrunch your nose up real hard. You've chased him away! Now you can relax your nose. Oops, he's back!



Now pretend you are a turtle. You're sitting on a rock by a nice, peaceful pond, just relaxing in the sun. It feels nice and warm. Oh no, you sense danger! Pull your head into your house. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold in tight! The danger is past now, you can come out into the warm sunshine and relax!



Pretend you are a furry, lazy cat. You want to streeeeeetttcccchhh. Stretch your arms out in front of you. Raise them high over your head. Way back. Feel the pull in your shoulders. Stretch higher. Now just let your arms drop back to your side.

