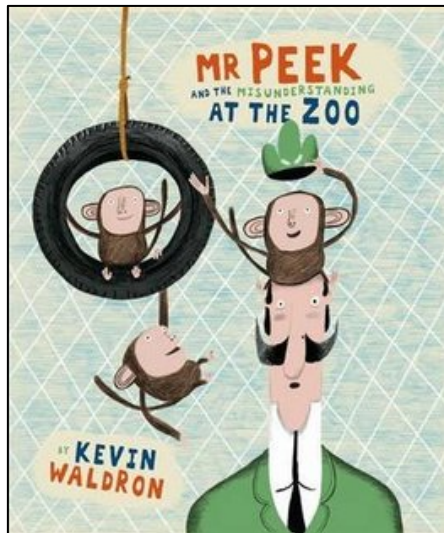




proudly presents
a relaxation to conclude

Mr. Peek and the Misunderstanding at the Zoo

by Kevin Waldron



Lie down on your back so that you're comfortable.

Let your legs flop open, and let your arms relax alongside your body.

Close your eyes. Breathe in and out.

Feel your chest and your belly rise and fall with each breath – up and opening when you breathe in, down and contracting when you breathe out.

Concentrate on your breathing. Breathe in and out. In and out.

While you're resting, think about our hero, Mr. Peek.

At the beginning of the story, Mr. Peek criticises himself. He tells himself unkind things. Each mean thing he says to himself makes him feel worse and worse.

And the sad things he says to himself affect those around him too. The animals feel terrible.

But. Soon he realises that he wasn't being truthful. The things he was saying weren't true.

He changes his messages to positive ones. He tells himself how much he appreciates himself. He feels happier and happier.

You too have the power to change your mood. You can tell yourself truthful things, positive things.

Think to yourself, 'I have power. I am capable. I can honour how I feel and change it for the better. I can take care of myself.'

Breathe in and out. In and out.

Now open your eyes, feeling calm.