

The Cat- children's relaxation

This exercise releases muscle tension.

Pretend you are a lazy cat that just woke up
from a lovely long nap.

Have a big yawn.

And a meow.

Now stretch out your arms, legs and back –
slowly like a cat – and relax.

[www.lkayewellbeing . com](http://www.lkayewellbeing.com)