



Chillax in my Head



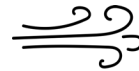
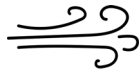
1. How do you use Chillax in my Head?

Practice, then draw a picture of yourself using it!

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| 1. Imagine a place where you feel happy and relaxed. | |
| 2. Think about what you can see, hear, smell, and touch when you are there. | |
| 3. Pretend to be there until you feel chillax in your head. | |

2. How do you feel after using Chillax in my Head?

Circle the cloud that best matches.



3. When could you use Chillax in my Head to help you feel your best self?

Draw or write your ideas.