

"Relax"

Name:

It's important that children play, stay active and release energy, but they also need some relaxing moments to calm down, take it easy and rest.

Most of them don't have the necessary resources to do it, and that's why we have to teach them how to achieve it.

Developing the following mission will help specially those children who show an active behaviour in general, don't calm down easily and have problems when controlling their impulses.

Sign:



★ THE LIST ★

- 1:
- 2:
- 3:
- 4:
- 5: