



The Angry Octopus



The Story of the Angry Octopus teaches us a way we can relax. Write down the steps that the sea child teaches the Angry Octopus:

Step 1: Take a deep breath in and out ... **AHHHHHHHHHHH!!**

Step 2: Tense your _____ *...and relax...*

Step 3: Tense your _____ *...and relax...*

Step 4: Tense your _____ *...and relax...*

Step 5: Tense your _____ *...and relax...*

Step 6: Tense your _____ *...and relax...*

Step 7: Take a deep breath in and out

... **AHHHHHHHHHHH!!**

Draw a picture of yourself relaxing!

