

Evening Calm



Little Stretch

Slowly stretch your arms up or out. Then bring them back down.



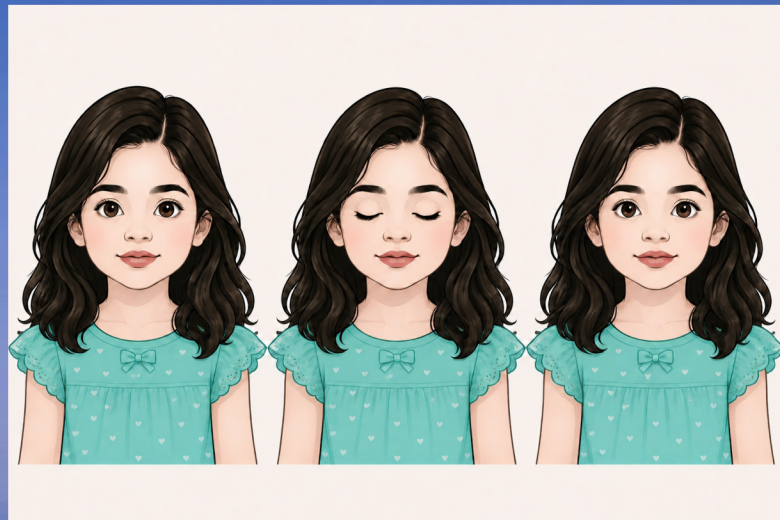
Listen to the Quiet

Listen for a quiet sound around you. Just listen for a little while.



Look Around Slowly

Look around the room very slowly. Move your eyes from one thing to the next.



Slow Blinks

Blink your eyes very slowly a few times.