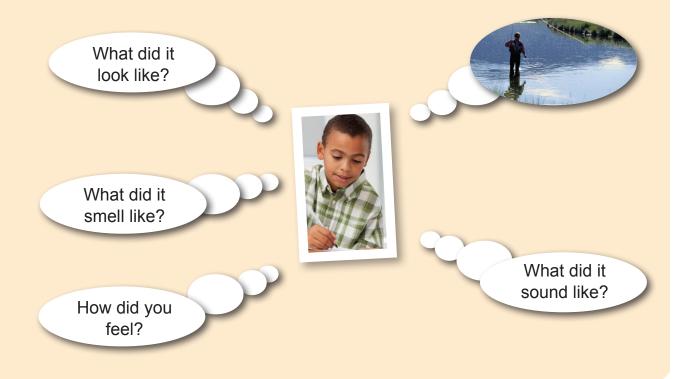
Take a One Minute Vacation



- 1. Imagine a place where you felt relaxed, calm and happy.
- 2. Recall what it was like to be in that place.



- 3. Imagine yourself there doing something relaxing.
- 4. Return to the present, bringing that warm feeling.



Government of Alberta Education