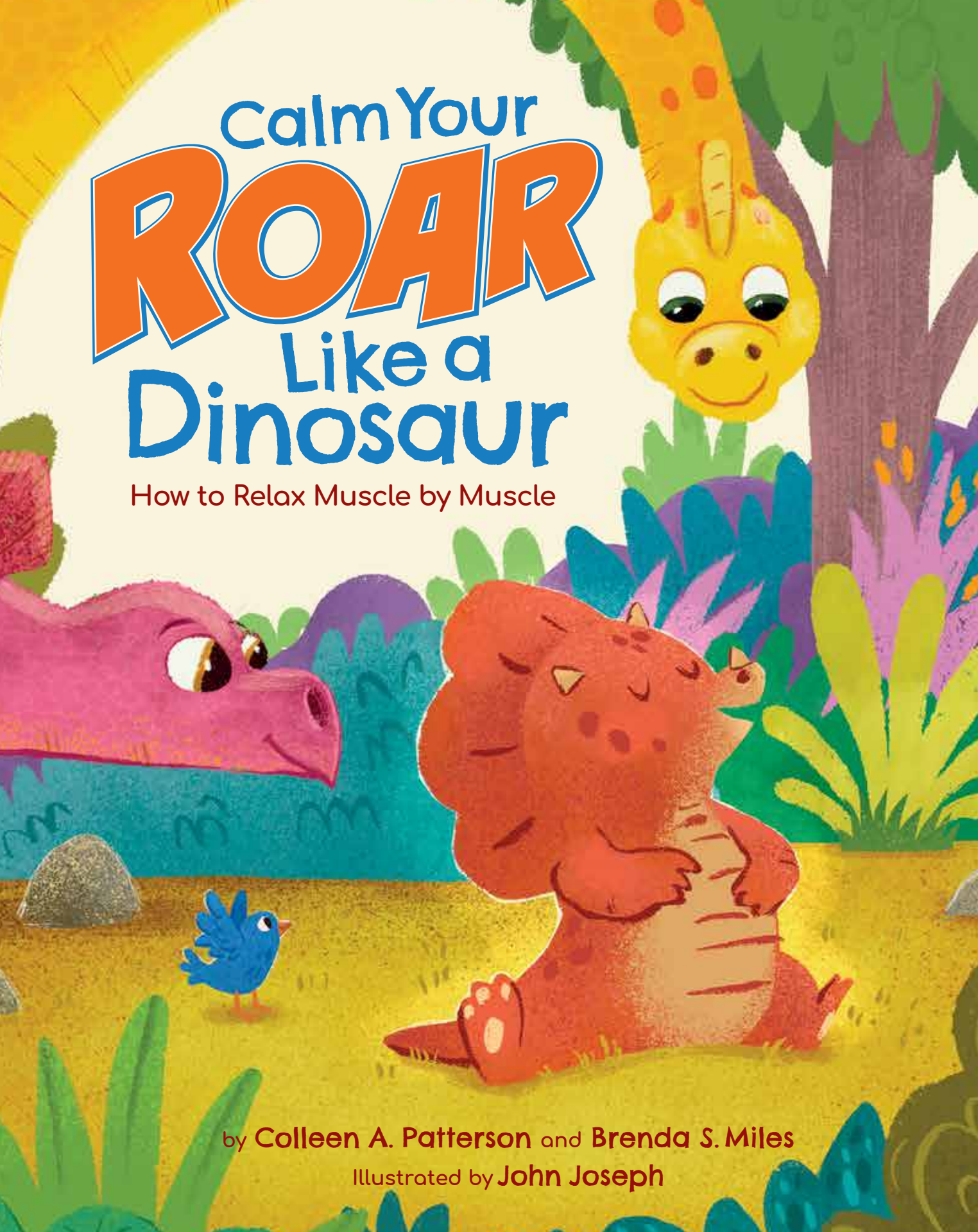




Calm Your **ROAR** Like a Dinosaur

How to Relax Muscle by Muscle

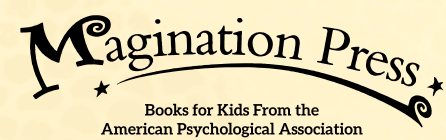
by Colleen A. Patterson and Brenda S. Miles

Illustrated by John Joseph

Calm Your
ROAR
Like a
Dinosaur

For our dads—CAP & BSM

For Jack and Miles, my little dinosaurs—JJ



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How to Relax Muscle by Muscle



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Magination Press • Washington, DC • American Psychological Association

Feeling frustrated,
frenzied, or
full of **ROAR?**



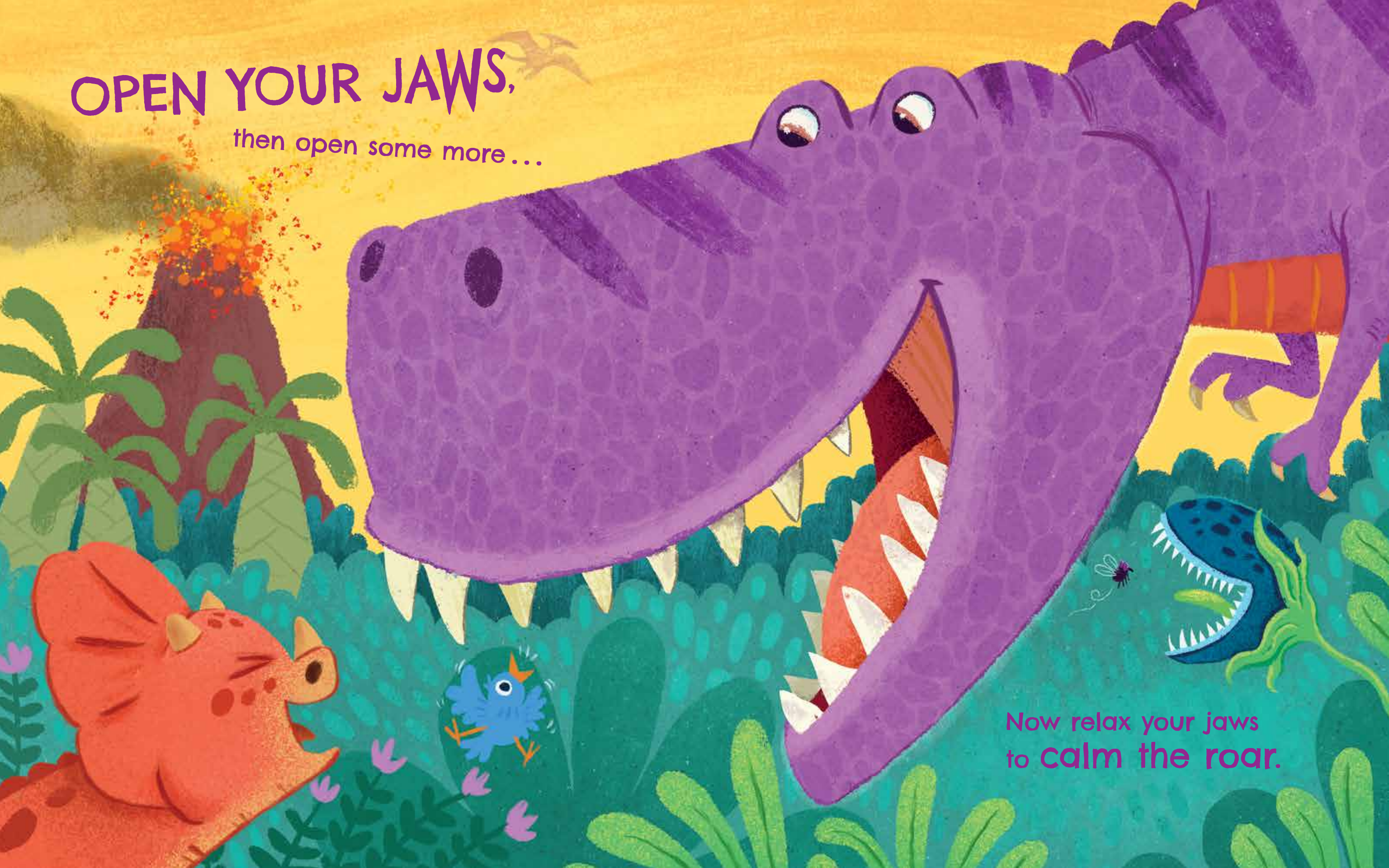
Calm yourself
like a dinosaur!

Breathe in, breathe out,
quiet and slow.



With gentle breaths,
You're ready to go.

OPEN YOUR JAWS,
then open some more...



Now relax your jaws
to calm the roar.