

Teddy Rides the Waves

a slow, sleepy ride

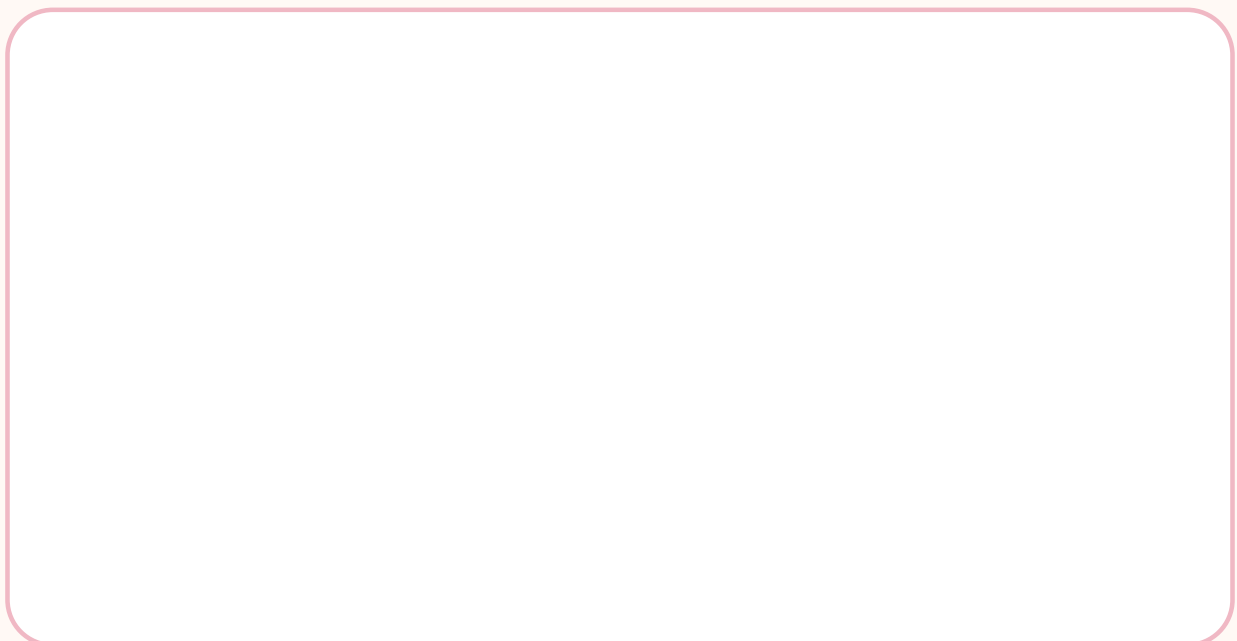
My name _____ Age _____

- 1 Lie down. Put your teddy on your tummy.
- 2 Breathe in slowly. Teddy goes up.
- 3 Breathe out slowly. Teddy goes down.

Colour a wave for every ride.



Draw your teddy having a lovely ride.



FOR THE GROWN-UP

Lie down together. Let them choose the toy. Count five slow rides, then stop - even if it's going well. Two or three minutes is plenty. They can stop any time.