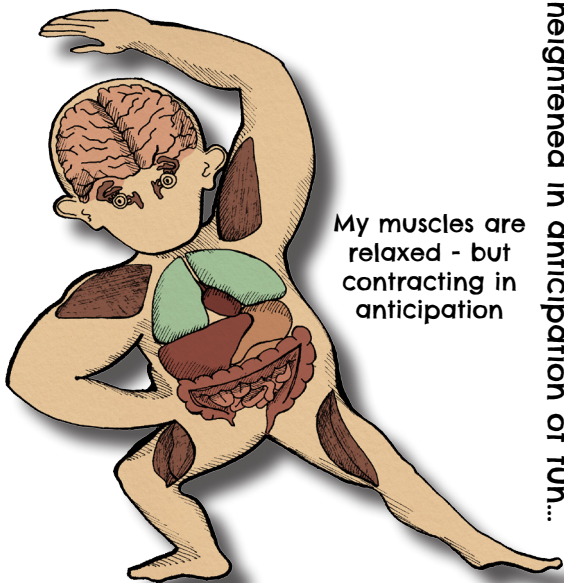


I'm excited and optimistic...

I feel able to tackle just about anything!

My breathing is even and my heart is pumping oxygen to my muscles and brain



My muscles are relaxed - but contracting in anticipation

My senses are heightened in anticipation of fun...

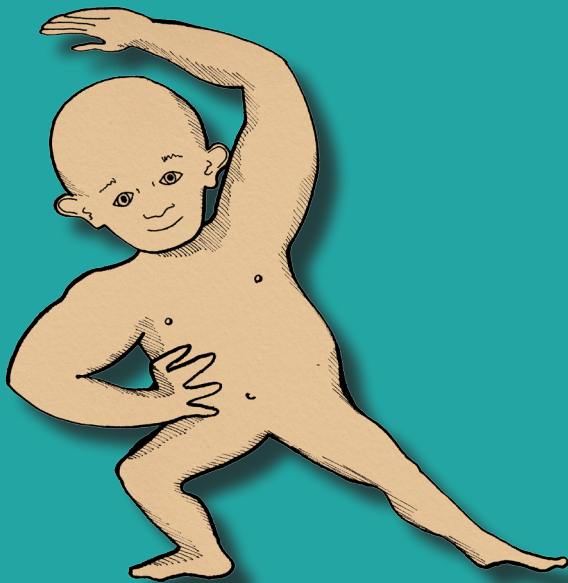
I'm ready for action and adventure!

Why do I feel this way? Find out at:
www.scottishconflictresolution.org.uk

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Alert and Engaged



“To boldly go...”