

Alert and Engaged

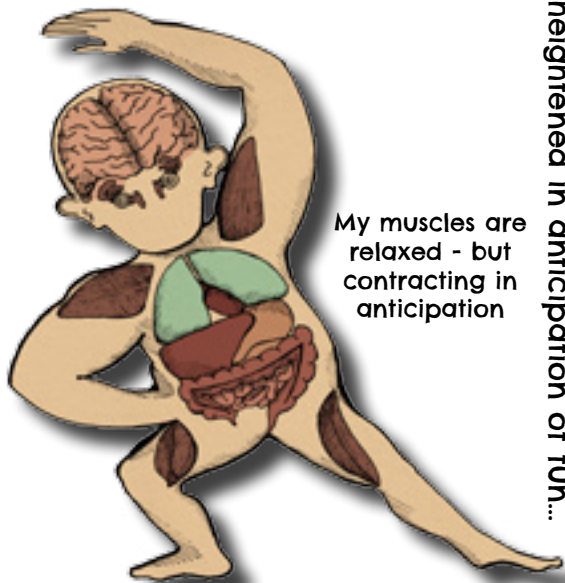


“To boldly go...”

I'm excited and optimistic...

My senses are heightened in anticipation of fun...

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



My muscles are relaxed - but contracting in anticipation

I feel able to tackle just about anything!

I'm ready for action and adventure!

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