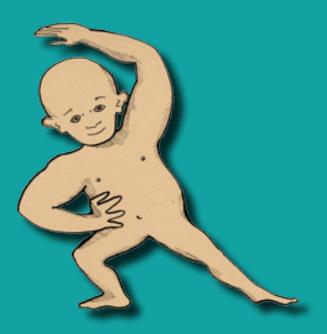
SCCR Scottish Centre for Cyremians

Alert and Engaged



"To boldly go..."

I'm excited and optimistic...

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

> My muscles are relaxed - but contracting in anticipation

I'm ready for action and adventure!

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

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My senses are heightened in anticipation of fun..