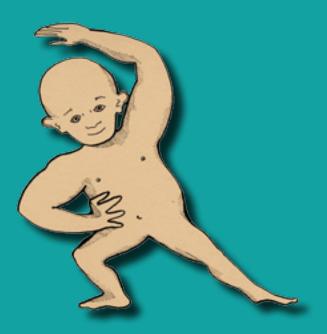
### SCCR Scottish Centre for Cyremians

# 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

We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant. Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.



My senses are heightened in anticipation of fun..