



Relax

By Alexa Davis

Somewhere someone is *relaxing*



people do *yoga*





People watch *Television*

People even *sleep*





Some people *draw to relax*

Some people play *video games*



A photograph of a park path during cherry blossom season. The path is paved with light-colored bricks and is completely covered with a thick layer of fallen pink and white cherry blossom petals. The path leads from the foreground into the distance, flanked by large, mature trees. The trees in the immediate foreground are heavily laden with vibrant pink cherry blossoms, their branches arching over the path. In the background, there are several tall, dark green evergreen trees, possibly cypresses, standing in a row. The overall scene is peaceful and scenic, capturing the beauty of spring in a park.

And some people walk in the
park and look at *flowers*

We read





We meditate



Different people relax in different ways

People relax somewhere every day! A lot of people meditate too! Meditation is when you cross your legs and you do not think of anything! Meditation started around 5,000 years ago. Many people practice meditation today! People also do yoga too! Yoga has gained in popularity in the U.S.A over the few last few years. Some 30,000,000 people do yoga every day to relax! According to people who practice Yoga, it can help increase your strength, inner peace, improve breathing, and relieve stress and pain. People in my class like to do yoga and my girl on the run coach teaches yoga!

My class took a survey and here are my results:

- 41% of people read to relax.
- 37% of my class watches television.
- 37.5% of my class watches TV to relax.
- 37% of my class walks in the park to relax.
- 62% of my class relaxes somehow every day.
- 4% relaxes every hour.
- 91% relax at home.

The kids in my class got to pick more than one question and there were 24 kids in the class that day. I like to relax a lot when I get the time! So much people relax and you may even be relaxing when you are reading this article! Relaxing is not only fun but it is very good for you! It is good for you because it gives the heart a rest by slowing the heart rate! It also decreases muscle tension. After relaxing you may have more energy, better sleep and smoother emotions! I hope you relax every day to feel way better!