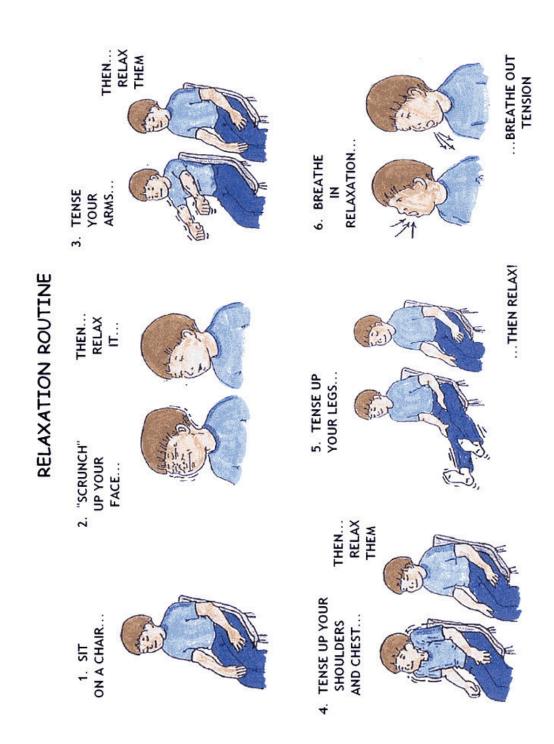
## **Relaxation Routine**





Progressive Muscle Relaxation visual, retrieved from: http://visuals.autism.net/main.php?g2\_itemId=92 Doan, B.D. (1994). Relaxation Training and Anxiety Management for Children with PDD and Their Parents. Workshop Developed for Geneva Centre for Autism, Toronto.