

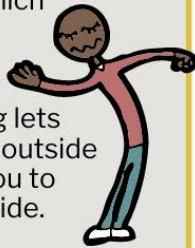
MINI MOVES

**Moving
Helps Us Feel
Better**

Wiggling and Motion

Let your brain tell your body what it needs and which ways it wants to move around.

Wiggling and moving lets stored up energy go outside of you. It may help you to feel more settled inside.



Singing Head, Shoulders, Knees, and Toes

Singing this song while doing the motions will get your body moving to help you cope with your feelings. It's fun to sing it slow and then faster.



Stand with Hands in Your Pockets and Breathe...

This simple move allows you to feel your feet on the floor, lets you put your hands safely next to you. You can do your on purpose breathing, too.



"I am Okay" Tapping

Using each of my hands—touch my thumb to my pinky finger, then my thumb to my index, then my thumb to my middle finger, then my thumb to my ring finger. As I am doing this motion I am saying to myself, "I am OKAY", repeating 3-5 times.



Raise Your Arms Up...

When you notice your shoulders feeling heavy or tight, reach your arms up to the sky, then bend over to touch the ground.

Add in other moves like tensing up and letting go where you notice tight muscles.



Drumming & Marching...

If you don't have a drum, no worries—clap your hands on your knees. Make a beat, speed it up then slow it down.

Create patterns and rhythms. Try humming a song or making up your own.

