

Squeeze



Tense all of the muscles in your body like squeezing a lemon. Release your muscles and notice your body feel lighter!



Tap



Cross your arms on your chest and rest your hands on your shoulders. Take it in turns to gently tap each hand on your shoulder and chant right, left, right, left and so on.



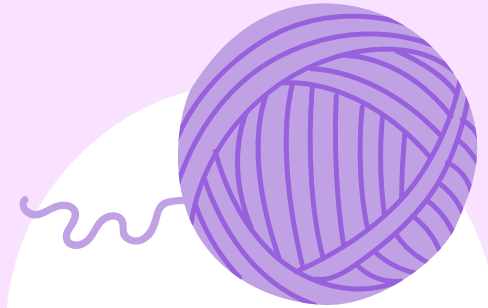
Move



Run up and back down the stairs 5 times to burn off some energy. Time yourself and try to beat your own time.



Tie



Get a piece of string and tie as many knots as you can. Notice the string on your fingers and pull each knot tight on the string.



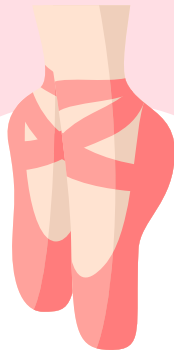
Pat



Sit down comfortably on a chair or stand up and wiggle your body to help you feel relaxed. Gently pat your hands lightly all over your body. Start with your arms and shoulders. Imagine you are a panda slowly patting down your fur.



Flex



Sit down and point your toes to the floor like a ballerina. Feel your foot gently stretching as your toes touch the floor.



Massage



Gently massage your hands. Use one hand to knead and squeeze your fingers and palms. Swap hands to massage the other.



Circle



Using your fingers, gently make circles very lightly around your temples, between your eyes and your ears.

