



Chetwynd's Guide to Staying Awesome and in Control!



Staying awesome and in control

ARM - PRETSEL



Hold for ten seconds.

This exercise has you cross midline, which can really help you focus if you are feeling **Slow and Tired**, or **Fast and Wiggly**.

Directions

- ❖ Arms like a seal.
- ❖ Cross arms.
- ❖ Touch palms.
- ❖ Interlace fingers.
- ❖ Twist arms to chest.



Slow and Tired

Fast and Emotional

Fast and Wiggly

Awesome anywhere body break

BUBBLE BREATH

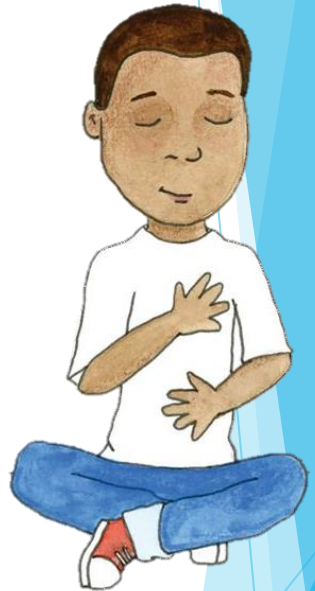


Breathe in for five seconds.

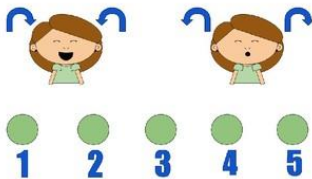
This is a good exercise to do whether you are feeling **Slow and Tired**, **Fast and Emotional**, or **Fast and Emotional**. Getting oxygen to your brain can help you think better and make smarter choices, as well.

Directions

- ❖ Imagine you have a wand of bubbles. When you breathe out, be careful not to pop it!
- ❖ Place one flat palm on your heart, one flat palm on your belly.
- ❖ Breathe in through your nose and hold your breath for five seconds.
- ❖ Breathe out a large "bubble" through pursed lips, blow out and hold for five seconds.



Deep Breaths



Slow and Tired

Fast and Emotional

Fast and Wiggly

Staying awesome and in control

GIVE MYSELF A HUG

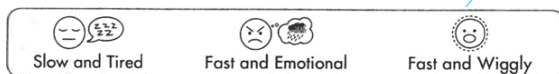


This can help you feel where your belly and back are by giving you **proprioceptive input**, which can then help calm you down whether you are feeling **Fast and Emotional** or **Fast and Wiggly**.

It can also wake you up if you are feeling **Slow and Tired**. This exercise also has you **cross midline**, which can really help you focus if you are feeling **Slow and Tired**, or **Fast and Wiggly**.

Directions

- ❖ Cross your arms in front of you, far enough to bring your palms almost to your sides.
- ❖ Squeeze your arms or sides firmly, and hold for five to ten seconds.



Awesome anywhere body break

ARM MASSAGE



Firmly squeeze your arms, from your wrists to your shoulders, or from your shoulders to your wrists.

This can help you feel where your arms are by giving you **proprioceptive input**, which can then help calm you down whether you are feeling **Fast and Emotional** or **Fast and Wiggly**. It can also wake you up if you are feeling **Slow and Tired**.

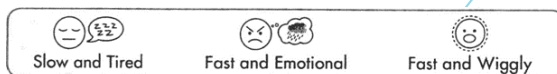
(Alternative: To improve focus, cross wrists and squeeze them at the same time, going UP the arms together!)

Directions

- ❖ Starting at the wrist or shoulder, squeeze firmly.
- ❖ Do this motion, going up or down the arm five to ten times.
- ❖ Do the same motions to the other arm.

Alternative:

- ❖ Cross wrists, squeeze wrists at the same time.
- ❖ Go up and down the arms five to ten times.



Slow and Tired

Fast and Emotional

Fast and Wiggly

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HAND MASSAGE

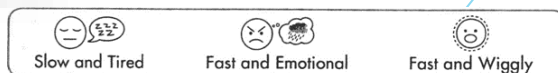


Using the thumb of one hand, press firmly around the palm of the other hand.

This can help you feel where your hands are by giving you **proprioceptive input**, which can then help calm you down whether you are feeling **Fast and Emotional** or **Fast and Wiggly**. It can also wake you up if you are feeling **Slow and Tired**.

Directions

- ❖ Starting with one thumb, push along the palm of the other hand five or ten times.
- ❖ Repeat with the other palm.



Slow and Tired

Fast and Emotional

Fast and Wiggly

Awesome anywhere body break

FINGER PULL



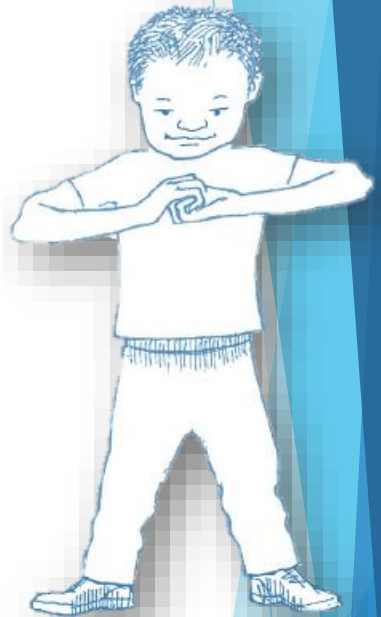
Lock your two hands together by your fingertips, and hold for ten seconds.

This exercise can really help you feel where your fingers and hands are by giving you proprioceptive input, which can then calm you down whether you are feeling **Fast and Emotional** or **Fast and Wiggly**.

I often tell children that I work with: "Put all of your bad feelings into your finger pull, and keep pulling until you pull the feeling right out of your body!" Pull really hard until you want to stop. Give it a try, I bet this becomes one of your favourites!

Directions

- ❖ Put one hand palm up, one hand palm down (both facing each other).
- ❖ Touch fingertips together (except thumbs), and pull them apart as hard as you can.
- ❖ Hold for as long as your body needs to (five to ten seconds, at least).



Slow and Tired



Fast and Emotional



Fast and Wiggly

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PUSH PALM

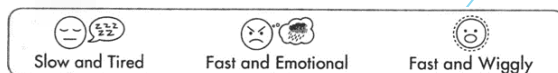
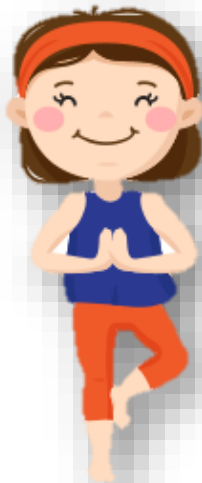


Push your palms together, and hold for five to ten seconds.

This exercise can help you feel where your fingers and hands are by giving you **proprioceptive input**, which can then help calm you down whether you are feeling **Fast and Emotional** or **Fast and Wiggly**. It can also wake you up if you are feeling **Slow and Tired**.

Directions

- ❖ Face your palms together.
- ❖ Push them firmly together, and hold this position for five to ten seconds.



Awesome anywhere body break

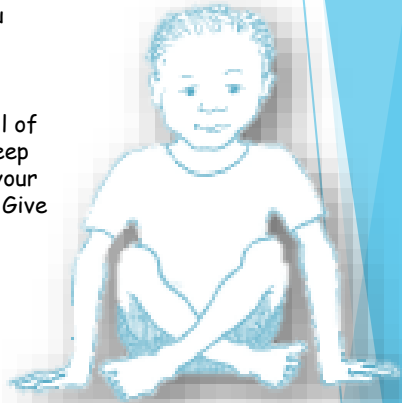
SEAT PUSH-UP



Lock your two hands together by your fingertips, and hold for ten seconds.

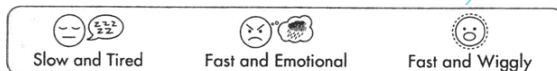
This exercise can really help you feel where your fingers and hands are by giving you proprioceptive input, which can then calm you down whether you are feeling **Fast and Emotional** or **Fast and Wiggly**.

I often tell children that I work with: "Put all of your bad feelings into your finger pull, and keep pulling until you pull the feeling right out of your body!" Pull really hard until you want to stop. Give it a try, I bet this becomes one of your favourites!



Directions

- ❖ Put one hand palm up, one hand palm down (both facing each other).
- ❖ Touch fingertips together (except thumbs), and pull them apart as hard as you can.
- ❖ Hold for as long as your body needs to (five to ten seconds, at least).



Slow and Tired

Fast and Emotional

Fast and Wiggly

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COUNT TO TEN



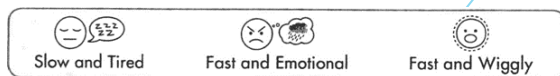
Stop what you are doing or saying, and count quietly or in your head to ten.

This is a good strategy to use when feeling **Fast and Emotional**, or even when you are **Fast and Wiggly**.

Stopping yourself by counting can help you think more clearly before you act, while allowing you to make better choices in what you say and what you do.

Directions

- ❖ STOP!
- ❖ Give yourself a reminder: "count," "Ten," or another familiar and quick thought that you practice and can go back quickly in situations that feel hard.
- ❖ Use your fingers, a timer, a clock, or quietly count in your head one, two, three...





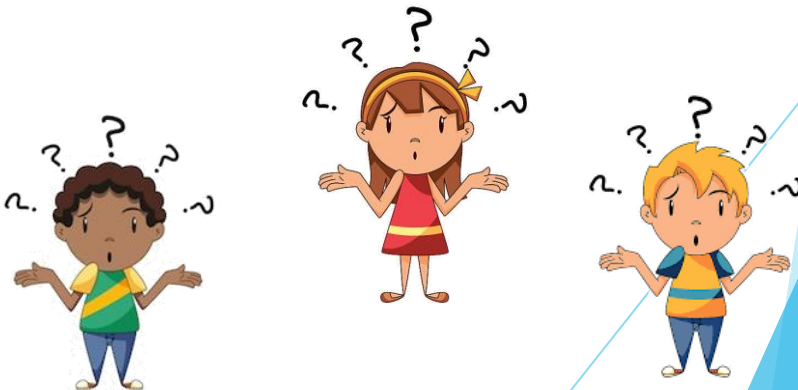
Let's Learn the How of Using Tools!

So, you chose your "appetizer" breaks and strategies. Many times, these breaks and strategies give children just enough movement or help so they are able to do work they need to do or play with friends or spend time with family members. However, there are times when these **Anywhere Body Breaks** are not enough. But why, you may ask. And what are "Tools," anyway? Let's explore, shall we?

We are learning how amazing Anywhere Body Breaks are! Why would they not work for me all the time?

Examples of times that this may happen are when...

- ❖ **Reason 1:** You did not sleep well the night before.
- ❖ **Reason 2:** You did not eat a good meal.
- ❖ **Reason 3:** You are feeling extra **Slow and Tired, Fast and Emotional, or Fast and Wiggly.**





Anywhere Body Break	Picture	Choice (Check off as many as you need to feel just right)
Arm-Pretzel		
Bubble Breath		
Give Myself a Hug		
Arm Massage		
Hand Massage		
Finger Pull		
Palm Push		
Seat Push-Up		
Count to Ten		