

## Calming Strategy

# Move Body



### How?

- ★ Stand up.
- ★ Stretch.
- ★ Go for a walk.
- ★ Use your muscles.

### Why?

- ★ Walking increases happiness.
- ★ Stretching relieves anxiety.
- ★ Using your muscles improves attention.

### When?

- ★ Before you start an activity.
- ★ After you finish an activity.
- ★ When you feel frustrated or anxious.