

FREE your FEELS™



MOVE YOUR FEELINGS

YOUR BODY IS THE TOOL

STOMP IT OUT!

For when you feel: **Anxious/Antsy**

HOW TO DO IT

- Stand up tall
- Stomp your feet on the ground
- Stomp fast or slow
- Say: "Stomp, stomp, stomp!"

Why it works:

Gets big energy out safely through the body.

SHAKE & WIGGLE

For when you feel: **Silly and Happy**

HOW TO DO IT

- Shake your hands
- Wiggle your arms
- Shake your whole body
- Count to 5 while wiggling

Why it works:

Releases extra energy and helps kids reset.

SLOW RAIN STRETCH

For when you feel: **Sad or Overwhelmed**

HOW TO DO IT

- Reach arms up high like the sky
- Slowly bring them down like rain
- Take a big breath in... and out
- Repeat 3 times

Why it works:

Slows the body down and brings calm feelings.

PUSH THE WALL

For when you feel: **Frustrated**

HOW TO DO IT

- Stand facing a wall
- Put both hands on the wall
- Push as hard as you can
- Count to 5, then relax

Why it works:

Gives strong "heavy work" input that helps release tension.



CHILDREN'S MENTAL HEALTH

MAY 4-8, 2026 CHILDREN'S MENTAL HEALTH WEEK

