Feelings may come and go, but sometimes they want to stick around for just a little bit. When a big feeling is hard to let go, moving your body can help. Point anywhere on this page. Try the movement you choose with your family.

- JUMP! TOUCH YOUR TOES!
- WIGGLE LIKE SLIMEY!
- FLY LIKE A BIRD!
- STOMP! STOMP! STOMP!
- DO FIVE FROG LEAPS!
- PRETEND TO PLAY YOUR FAVORITE SPORT!
- DANCE LIKE JUMPING BEANS!
- KICK YOUR LEGS!
- DANCE FAST!
- CLOSE YOUR EYES AND TAKE FIVE DEEP BREATHS.
- DO A SILLY MONKEY DANCE!
- JUMP UP! TWIRL AROUND!
- SHAKE, SHAKE, SHAKE YOUR SILLIES OUT!
- JUMP! TOUCH YOUR TOES!
- WADDLE LIKE A DUCK!
- STRETCH UP HIGH... TRY TO TOUCH THE SKY!
- HOP LIKE A BUNNY!