



Breathing Tools for Kids

Shakedown

Help shake off feelings like frustration and anger, so you focus on things that are safer and healthier. The Shakedown can help you think more clearly and make better choices.

Instructions

1. Raise your right arm in the air and shake it for 8 seconds.

3. Close your eyes and stand still. Notice how your body feels.

Next shake your left arm, then your right leg, and then your left leg for 8 seconds each.

Only shake one limb at a time.

2. Repeat and shake each limb for 6 seconds, then 4 seconds, then 2 seconds and end with one whole body shake.

