



# Wellness Tools for Kids

## Shaking

Shaking is a form of mindful movement that can help release stress from the body. Stress can feel like frustration, nervousness, or being anxious, like when you have a lot of homework to do. So, next time you feel stress, try shaking!

### Instructions

1. Stand with your feet shoulder width apart and bend your knees.
2. Keep your feet on the floor and bounce.
3. Let the bounce slowly move up your back to your shoulders, head and neck.
4. Shake it all out! Sigh if you need to.
5. Slow down and bounce slowly, then sway side to side.
6. Close your eyes and notice how you feel.

