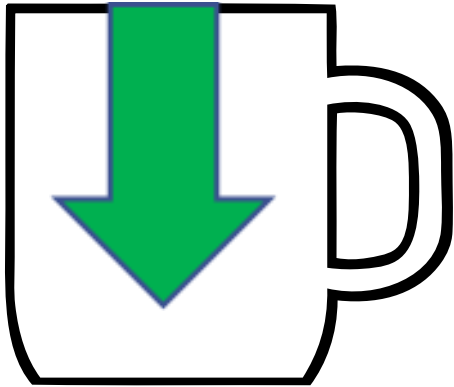


# I like to Move it!



## Calming Movement

These movement ideas can be calming, organizing and grounding for the body & brain. **Which one will you try today?**

Click on title for a calming song to enjoy while moving.



rock in rocking chair or glider



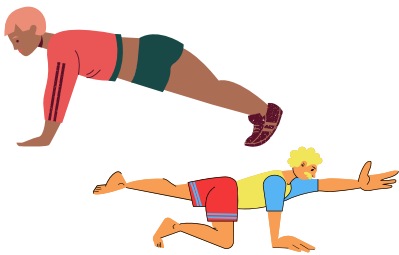
swing gently & rhythmically in a swing



bounce or shoot a basketball



move to a cozy place to retreat (eg. tent, hammock)



push-ups or plank



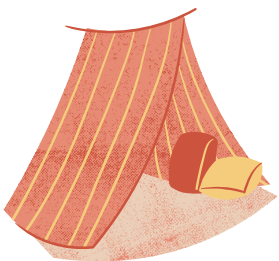
get a hug or give yourself a hug or shoulder squeeze



cuddle with a safe person, stuffy or a pet



slow yoga movements and breath



move to a quiet place to work



lay on tummy



sit on ball, cushion, or wiggle seat



what's your idea for how to move?

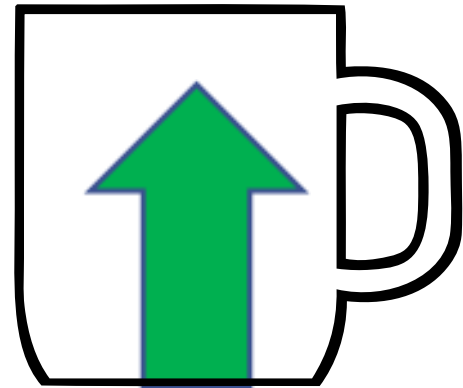
# I like to Move it!

## Alerting Movement

These movement ideas can be alerting and energizing for the body & brain.

**Which one will you try today?**

Click on title for some upbeat music to move with!



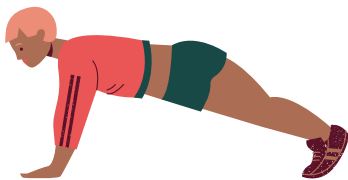
jump up & down  
or on a  
trampoline



bike or cycle  
on a stationary bike  
or walk on a treadmill



wing and pump  
your legs or hang  
as you swing



push-ups



wall sit



jumping jacks



elbows to opposite  
knees (cross crawl)



stand to work



lay on tummy



sit on ball, cushion,  
or wiggly seat



what's your idea  
for how to move?