

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?



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



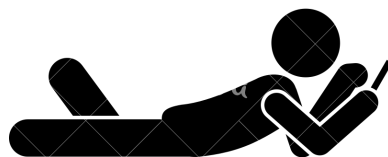
cuddle with a safe person, stuffy or a pet



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?



jump up & down
or on a
trampoline



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



swing and pump
your legs or hang
as you swing



push-ups



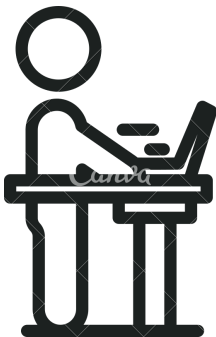
wall sit



jumping jacks



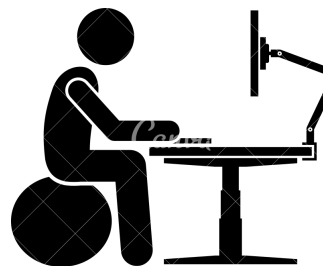
elbows to opposite
knees (cross crawl)



stand to work



lay on tummy



sit on ball, cushion,
or wobble seat



what's your idea
for how to move?