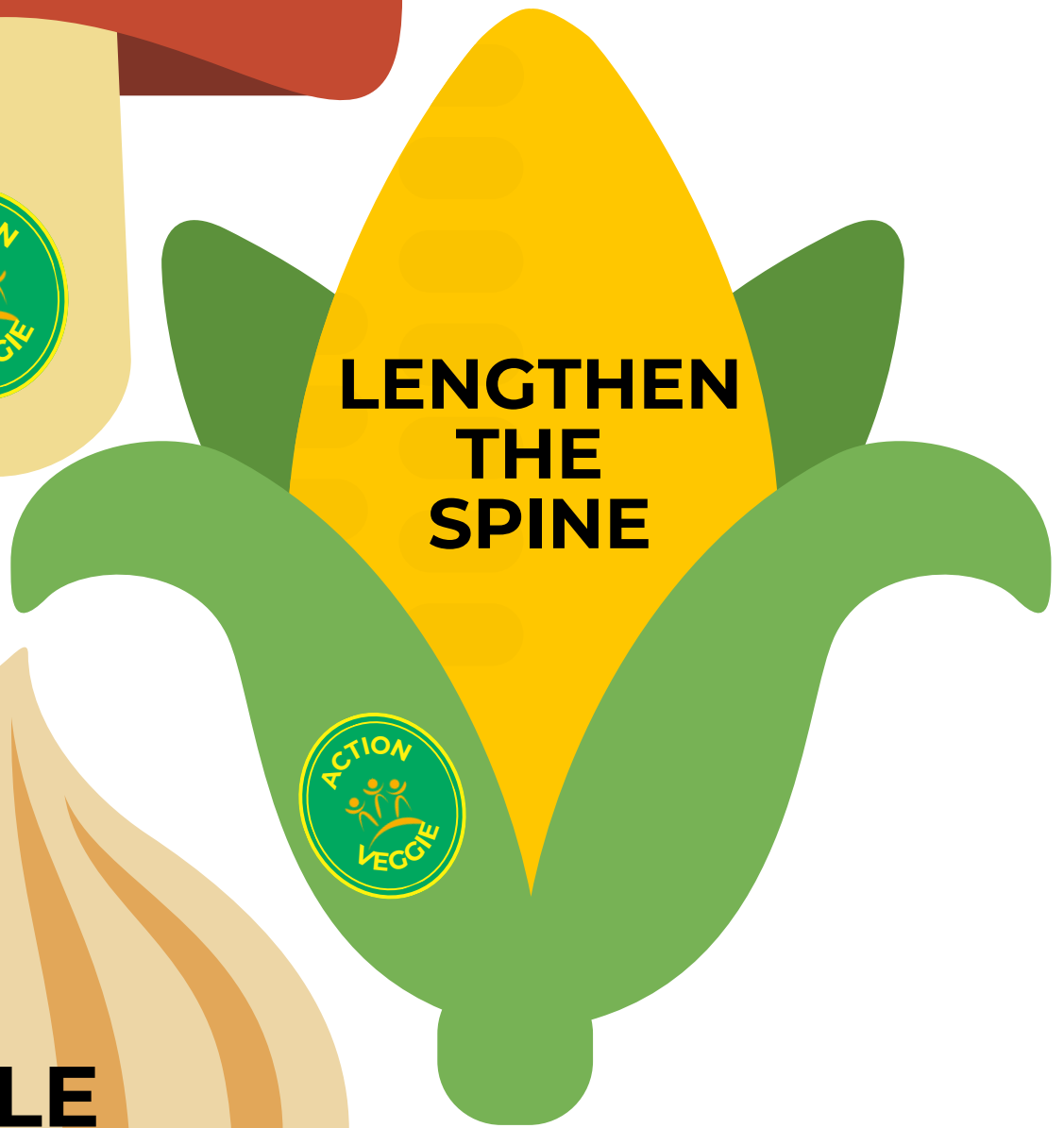




**MOVE**




**LENGTHEN  
THE  
SPINE**



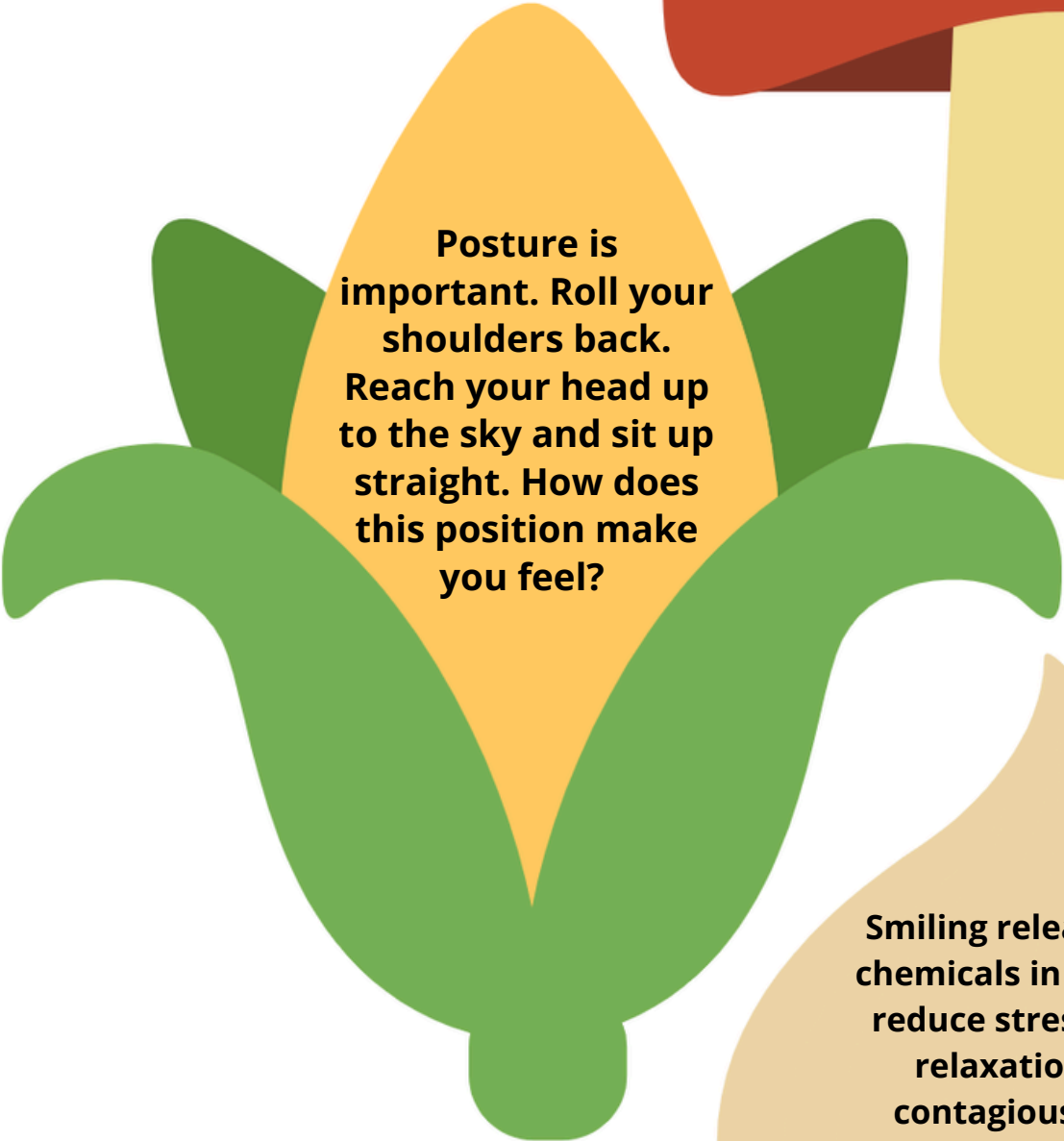
**SMILE**



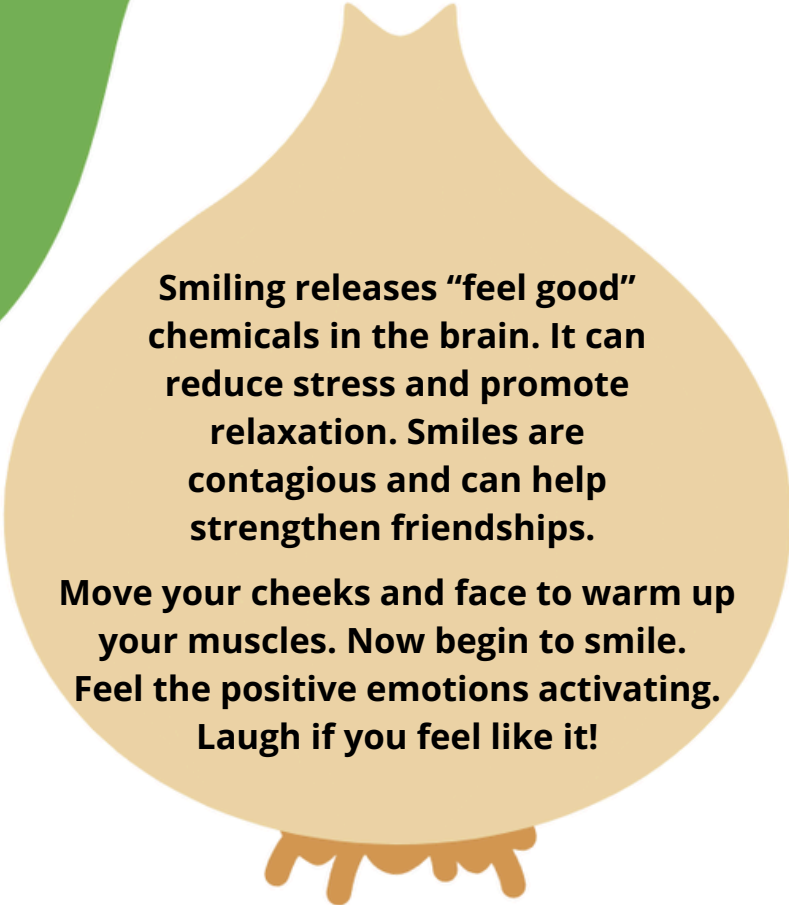


**Make a simple gesture.  
Pass it around the group.  
Take turns sharing your gesture.**

**How does your body feel when you move?**



**Posture is important. Roll your shoulders back. Reach your head up to the sky and sit up straight. How does this position make you feel?**



**Smiling releases “feel good” chemicals in the brain. It can reduce stress and promote relaxation. Smiles are contagious and can help strengthen friendships.**

**Move your cheeks and face to warm up your muscles. Now begin to smile. Feel the positive emotions activating. Laugh if you feel like it!**

**SELF-HUG**



**SLOW DOWN**

**PENDULATE**



**Try something new!**

**Take one hand and wrap it around yourself. Take your other hand and wrap around yourself.**

**Give yourself a small squeeze and hold the pose. You can sway back and forth. How does this make you feel?**

**Life is busy! There are many things to do in a day. When we slow down we can pay attention to our body and thoughts in our minds. Give this a try:**

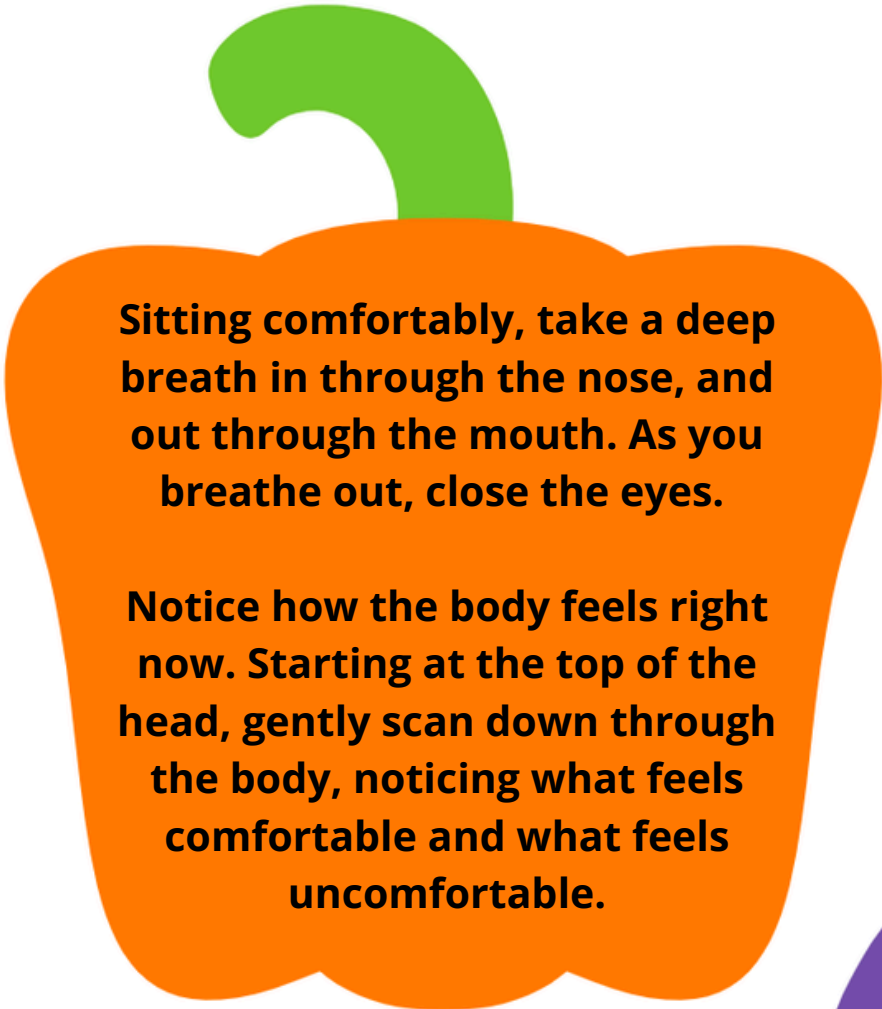
**Take 10 steps very slowly, noticing any sensations on the bottom of your feet.**

**Stress energy is stored in our bodies in different ways. Use your body as a source of strength.**

**Find a comfortable position. Identify a place of tension in your body. Focus on this area. Then find a place of calm and relaxation. Focus on this area.**

**Now let's "pendulate" meaning going back and forth from the place of tension > place of calm. How does this feel?**





**Sitting comfortably, take a deep breath in through the nose, and out through the mouth. As you breathe out, close the eyes.**

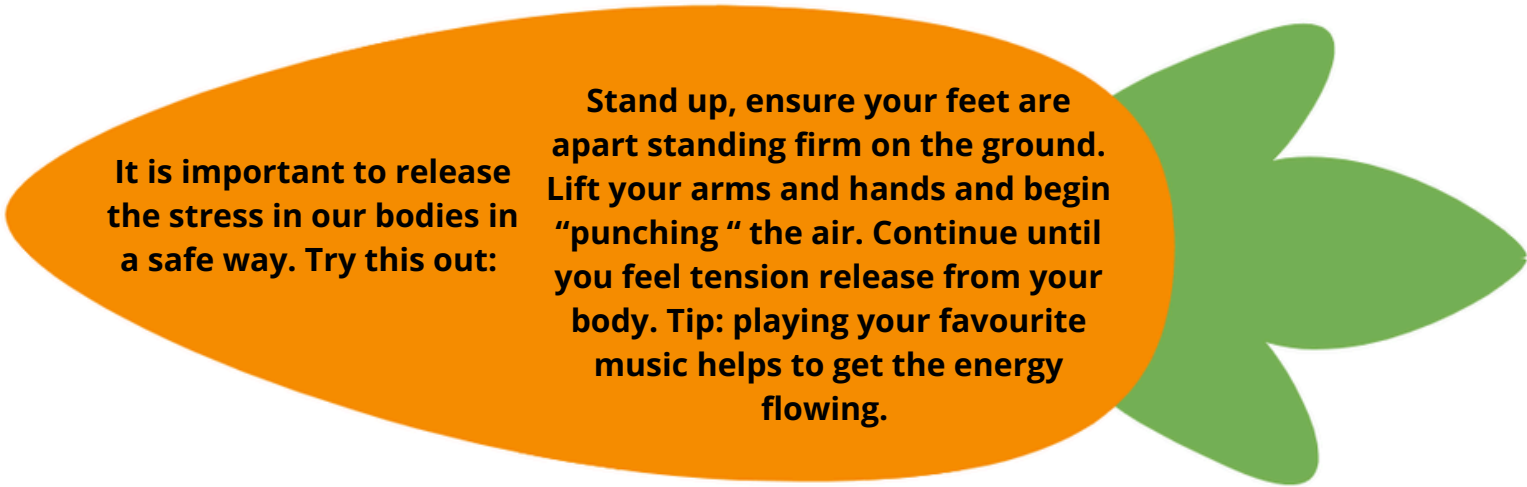
**Notice how the body feels right now. Starting at the top of the head, gently scan down through the body, noticing what feels comfortable and what feels uncomfortable.**



**Human connection is important for our mental wellbeing. It allows us to feel less alone. We are all part of different communities.**

**Who is someone supports you?**

**Who do you feel you support?**



**It is important to release the stress in our bodies in a safe way. Try this out:**

**Stand up, ensure your feet are apart standing firm on the ground. Lift your arms and hands and begin "punching" the air. Continue until you feel tension release from your body. Tip: playing your favourite music helps to get the energy flowing.**