

Big Feelings Go

P.O.O.F.

Pressure

Squeeze your arms and legs with both your hands.



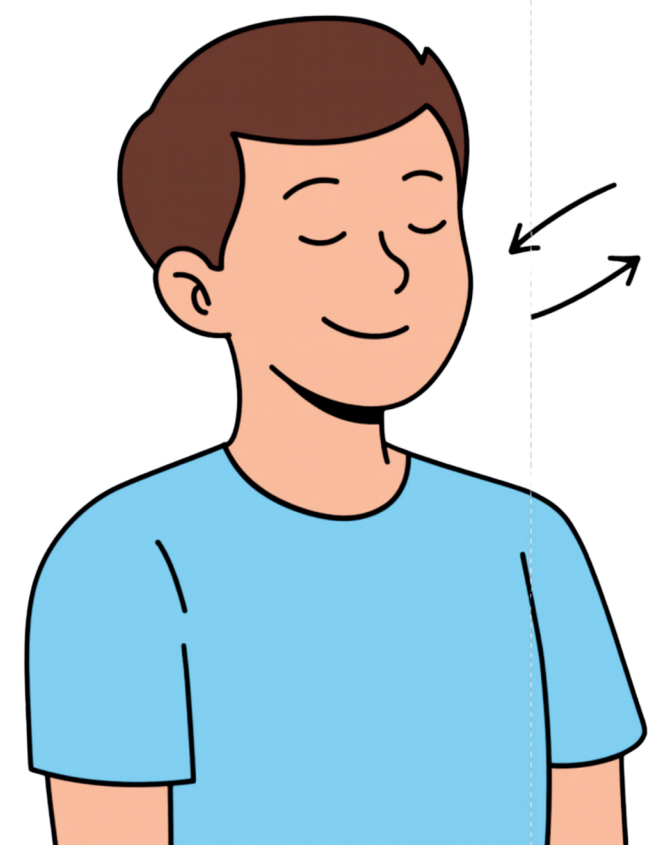
On-the-go

Run in place or do jumping jacks for 60 seconds.



Oxygen

Take deep breaths—count to 4 as you take deep, steady breaths in and out.



Freeze

Chill out by drinking a cold drink, holding a cold item, or taking a cold shower.

