

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.



Out and In

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.

