

Move It Out Menu

Pick a strategy to help your body calm down. You can do more than one to help you.

Dance



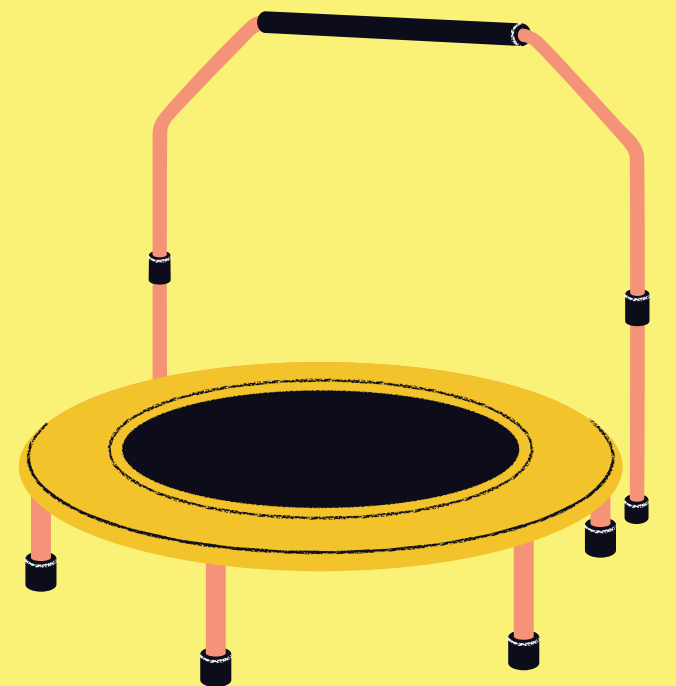
Star Suit



Rest



Jump



Stretching



Fidgets



Drink of Water



Run



Shoot Hoops



Tunnel



Walk



Soothing Squeeze

1. Make Tight fists
2. Hold Arms straight
3. Count (5-4-3-2-1)
4. Shake it out

