

Shake it off Script

This exercise is called shake it off. And it's especially helpful when you're feeling that there's something in your body you need to release or let go of. Maybe you're trying to find calm or if you're feeling especially fidgety or having trouble paying attention this is a great exercise to help release that.

Start by standing tall like a statue,
breathe in and hold your breath,
breathe out and shake out your arms...

Shake,shake shake them high
and shake them low

Shake shake

Shake out your legs....

Shake them this way....

shake them that way...

Shake your body until it's loose...

Shake, shake, shake your body
imagine shaking off that fidgety feeling...

Shake shake shake.

Next flop down gently into a chair or onto a mat letting that last fidgety feeling out

"Ahhh"...

Down on your Mat...

let's take three soft slow, mindful breaths together here:

Feeling your nose your lungs and your tummy.

B

B

B

And now you are ready to return to your day. .

