

3-MINUTE SLACKBOARD

CALM DOWN ROUTINE



GET SETTLED ○ RESET YOUR BODY ○ FEEL READY TO LEARN

Remember: ✓ Breathe Slowly ✓ Be Mindful ✓ Arms Out

1 FIND YOUR BALANCE



15 SEC

Stand tall,
eyes forward,
slight bend in
knees.

2 REBOUNDING



45 SEC

Soft, small
bounces.
Breathe and
relax!

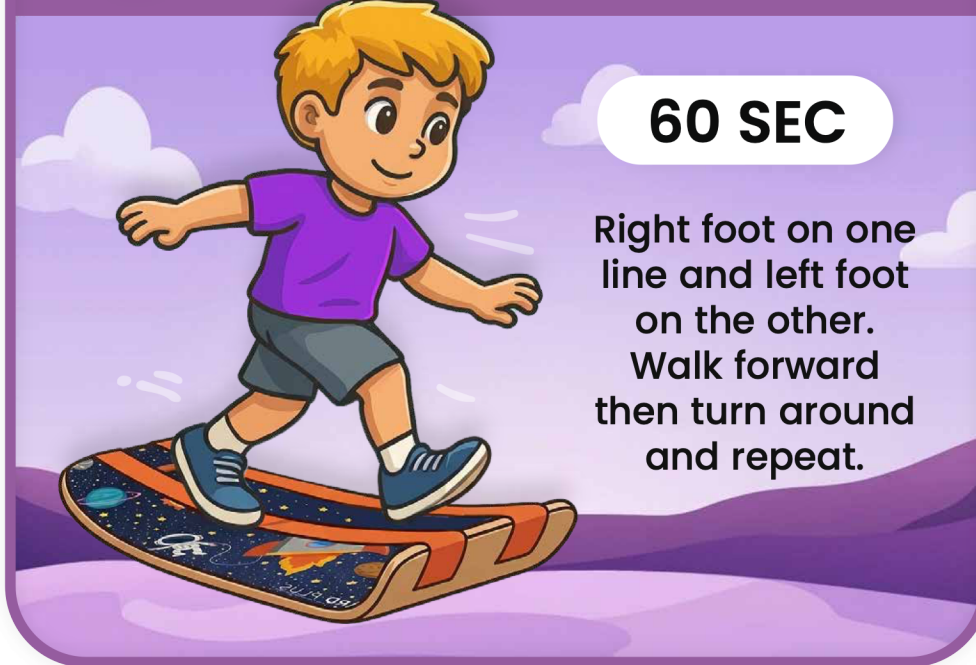
3 TOE TAPS



60 SEC

Alternate
tapping right
and then left
toes to floor.

4 WALK THE LINE



60 SEC

Right foot on one
line and left foot
on the other.
Walk forward
then turn around
and repeat.

HOW DOES
YOUR BODY
FEEL?

Busy / Wiggly



Start at the
beginning

Calming Down



Try Rebounding
for 30 seconds

Settled & Ready



You are ready
to learn!

For a quick video
reference, scan here:

