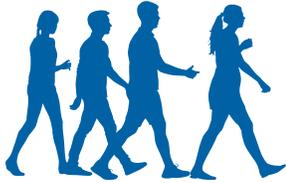




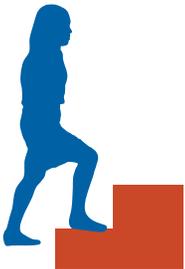
TAKE 5...AND MAKE YOUR HEART HAPPY



Walking meetings – studies show creativity increases after and during walks.



Dance parties – find time during the day to put on some music and move! Examples: clean up dance parties, set up for lunch dance parties, conga line to get in line.



High Knees – march or jog in place lifting your knees as high as you can. Walking stairs during lunch or during a break works great, too!



Hokey Pokey – It's not just for kids and is a great way to get moving!



Chicken Dance - put chicken dance on over the loud speaker and do the chicken dance where ever you are.



TAKE 5 AND... GIVE YOURSELF A HAND



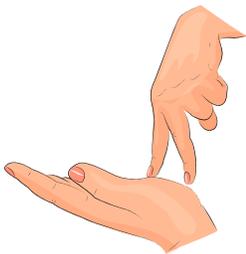
Webbed Spaces – spread your fingers out wide.



Bear Claws – make your hands like claws and pretend to scratch down a tree.



Finger Flicks – picture something sticky on your finger and try to flick it off. Do this for each finger.



Creepy Crawlies – turn your hands up and imagine you have something on the heel of your hand and crawl your fingers up to try and touch it.



Stir the Pot – use your thumbs like a spoon and make circles to stir the soup in the pot.



TAKE 5 AND... STRETCH IT OUT



Squishing Oranges – stand with your feet flat on the ground, lift each heel up and pretend you are squishing an orange as you press your heel down.



Hands Up! – raise your hands above your head and slowly wave your arms from side to side like you are a tree blowing in the wind.



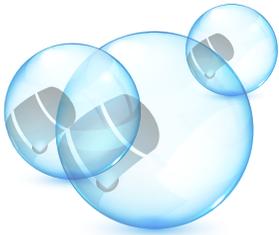
Turning Doorknobs – reach your arms out in front of you and grab imaginary doorknobs. Twist your whole arm to open the door.



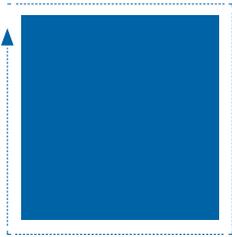
Shoulder Rolls – stand up straight and roll your shoulders forward and back slowly.



Be a Chair – stand up and hold on to the back of a chair (for balance if needed, and pretend to sit in an imaginary chair).



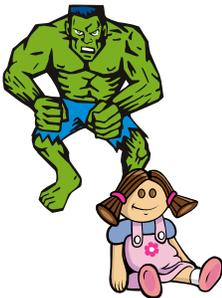
SOFT – Soften face, Open the chest/heart, Float the shoulders down, Take a deep breath.



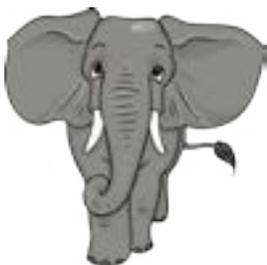
Square Breathing – imagine a square, breathe in across the top of the square, out along the side of the square until you've completed the shape.



Visual Vacation – close your eyes, imagine yourself in your favorite vacation spot or a place you always wanted to go.



Incredible Hulk to Ragdoll – squish your face and tighten your body like you are as angry as the Hulk, now slowly relax until you feel like a ragdoll.



Elephant Trunk - bend over and move your arms like an elephant.