

When in doubt, dance it out!

Self-regulation activities for kids

Welcome to your dance adventure! This booklet is filled with fun activities to help you manage your feelings and energy levels through movement. Let's get started!

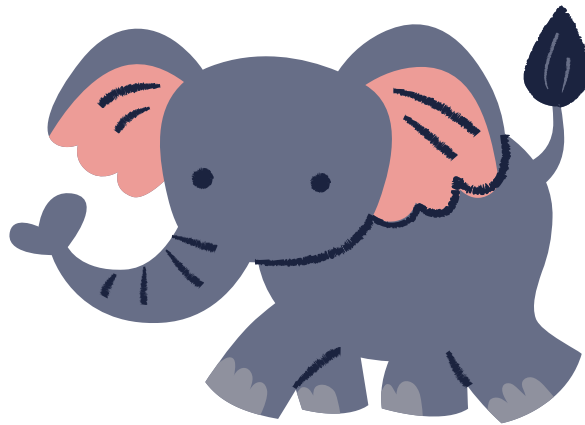
Freeze Dance Fun!

Put on some music and dance your heart out! When the music stops, FREEZE in a silly pose. This helps you practice stopping and starting, and controlling your body.



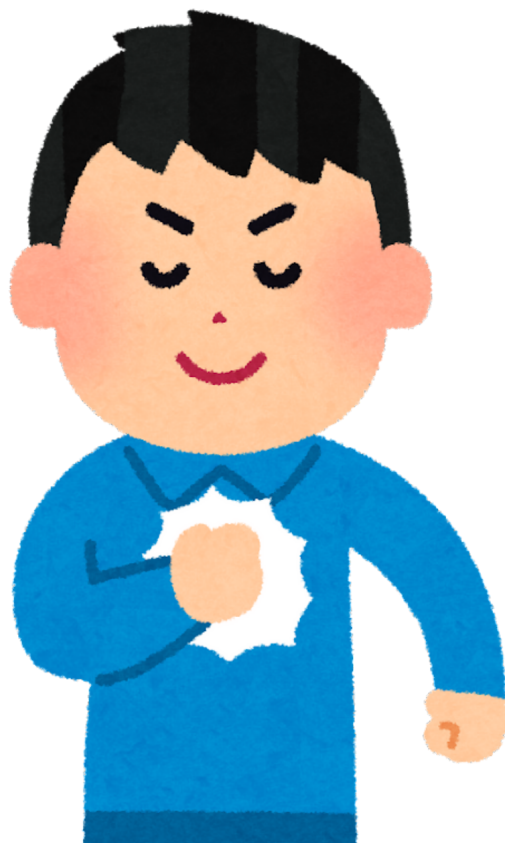
Animal Moves

Pretend to be different animals and move like them! Waddle like a penguin, stomp like an elephant, or slither like a snake. This is great for exploring different types of movement and energy levels.



Rhythmic Tapping

Tap your hands on your legs, clap, or stomp your feet to a simple rhythm. Focus on keeping a steady beat. This can help calm your body and improve focus.



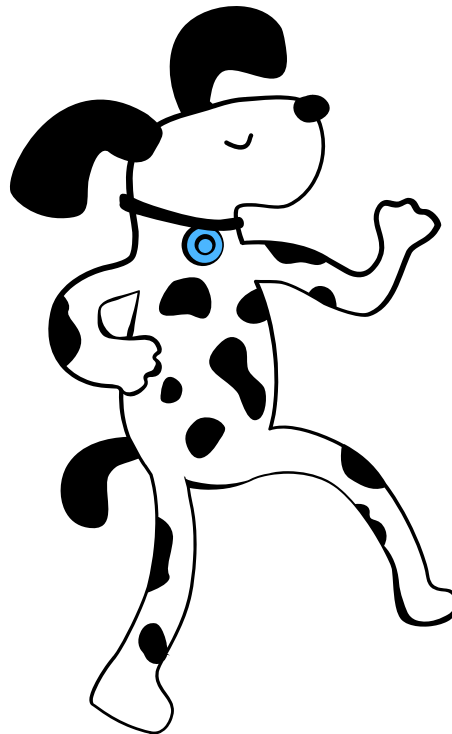
Mirror Moves

Find a partner and take turns being the leader. The leader makes a movement, and the other person copies it like they are looking in a mirror. This activity builds attention and coordination.



Silly Shake Out

Shake your hands, shake your feet, shake your whole body! Get all those wiggles out! This is a great way to release energy and relax your muscles.

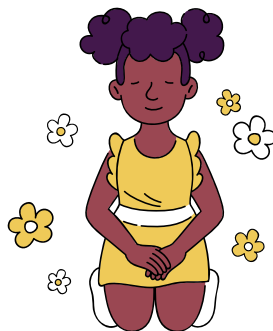


Calm Down Sway

Put on some slow, gentle music and sway back and forth. Close your eyes and focus on your breathing. This activity helps you relax and calm down when you are feeling overwhelmed.



calm



Summary

Remember, dance is a fun way to help your body and mind feel good! Try these activities whenever you need a little boost of energy or a moment of calm. Keep on dancing!