

# super ACTS



## Active calming

Sometimes it helps to be active and use deep pressure techniques to calm down. Using your muscles can help you relax and is really good fun!

Here are some simple exercises to try at home:



run/jump on spot for 10 seconds



pretend skipping for 10 seconds



10 jumping jacks



10 windmill toe touches



10 arm circles



10 head squeezes



10 chair dips  
or wall push-ups



10 squat & squeeze knees

**Well done!**