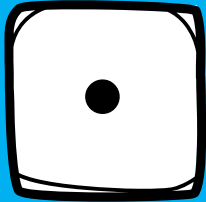
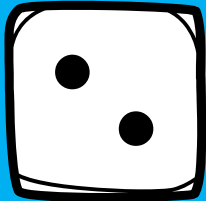


# Let's get moving!

IT'S TIME FOR A BRAIN BREAK! ROLL A DIE AND DO THE MOTION.



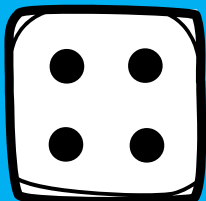
hop on one foot



jump up & down



walk like a crab



touch your toes



run in place



do a dance

## Things you can do to take care of you!

- Read
- Listen to Music
- Get some rest
- Color or Draw
- Journal
- Do something you love
- Watch a funny movie
- Dance
- Do something nice to someone
- Write down 3 things you are grateful for
- Eat healthy food
- Exercise
- Take a walk or ride a bike
- Be Creative



You Matter

