

# Shake it out

Sometimes it can seem really hard to change how you feel - especially if you are feeling sad, frustrated or angry. There is nothing wrong with feeling any of those feelings - but as those feelings may not be pleasant, you probably won't want to stay with them for too long. Moving can change how you feel.

## Angry?

Let the energy out. You can make a noise, stamp your foot or just run around outside (keep yourself and others safe).

## Frustrated?

Jump up and down or run on the spot.

## Gloomy?

Put on some music and dance.

**1.**

Hold up your left hand. Think about how it feels right now. Heavy or light? Tense or relaxed? Choose a coloured pencil or pen and write words to describe how it feels.

**2.**

Set a timer for a minute and shake your left hand until the timer goes. Think about how your hand feels now. Choose a different colour and write all the words you would use to describe it.

