



Gestures can be movements to show what we are thinking or feeling. Gestures can show when we feel angry, happy, sad, and other feelings.

We use gestures every day, sometimes without even thinking about it. When we are being moved out of our resilient or “OK” zone, we can use gestures to help us stay in our zone.

By choosing and using gestures that help us feel calm, happy, or relaxed, we can change the thoughts we may have that are moving us out of our zone.

Using calm, happy, or relaxed gestures can get our brains to remember times when we felt calm, happy, or relaxed. We can use our bodies to change our thoughts!

Some examples of calm, relaxed, or happy gestures may be:

- Smiling.
- Clapping.
- Hand flapping.
- Rubbing your hands together.
- Spinning.
- Tapping a surface or parts of your body.
- Humming.
- Wiggling your toes.
- Putting your hand on your chest.

Gestures can be big, whole-body movements or they can be small, simple movements.

Not everyone’s gestures will look the same. It’s important to find gestures that work for you.



You may already do gestures to help you feel calm, happy, or relaxed and not even know it. If you’re not sure what gestures to use, you can try different ones or ask someone who knows you well if they see you do anything that seems to help you relax.

