

# GESTURING Pt. 1

Sometimes I move my body when I am feeling calm or happy.



For example, I might clap my hands or jump when I feel happy.



Sometimes I might rock back and forth or spin to feel calm.



Moving my body is called gesturing.



Sometimes I might use gesturing without noticing what I am doing.



I can ask friends and family members if they have ever seen me gesturing.

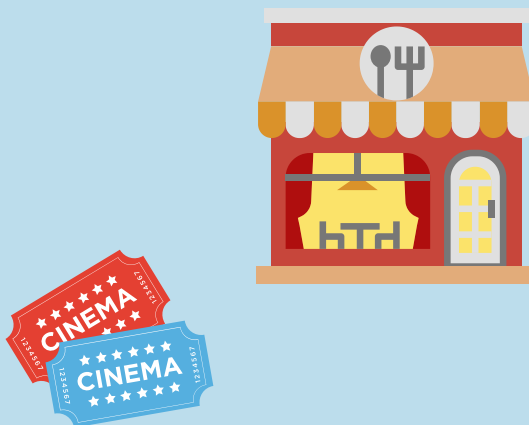


# GESTURING Pt. 2

Sometimes I feel mad, upset or other feelings that I do not like.



These feelings make it hard for me to do other things I want to do.



When I feel this way, I can practice gesturing.



I can use my gestures and movements that help me feel calm and relaxed.



When I use gestures from when I feel calm and relaxed it can remind my brain and help me have better thoughts.



Gesturing can help me to stay in my Resilient or "OK" zone.

