5 little games for big feelings

Practice them on a calm day first



Blow the candle

Breathe in, then blow one slow breath at your finger.



Squeeze and flop

Make tight fists, then let them go floppy.



Push the wall

Push a solid wall hard, then shake out your arms.



Slow-motion walk

Cross the room as slowly as you can.



Five things

Find five things you can see, and name them.

spark wonder