

# How Do You Calm Your Body

JULIE: How do you calm your body? Jules, how do you calm your body?

JULES: When I need to calm my body, I like to close my eyes and take five really deep breaths.

[BREATHING DEEPLY]

Just breathe.

SPEAKER 1: Jordan, what do you do to calm your body?

JULIE: Jordan likes to go for a walk outside.

Julie, what do you do to calm your body?

When I need to calm my body, I like to lie on the floor and do some belly breathing.

[BREATHING DEEPLY]

I feel my belly going up as it fills, as I inhale.

[BREATHING DEEPLY]

And then I feel my belly go down as I exhale.

[BREATHING DEEPLY]

Eddie, what do you do to calm your body?

When Eddie needs to calm his body, I like to...

EDDIE: Take a break.

JULIE: Take a break.

Kim, what do you do to calm your body?

KIM: When I need to calm my body, I like to take three deep breaths.

[BREATHING DEEPLY]

One.

[BREATHING DEEPLY]

Two.

[BREATHING DEEPLY]

Three.

SPEAKER 1: Carolyn, what do you do to calm your body?

CAROLYN: When I need to calm my body, I like to do yoga poses that I practice when I do yoga.

SPEAKER 1: Amber, what do you do to calm your body?

AMBER: When I need to calm my body, I like to listen to soothing music.

[MUSIC PLAYING]

SPEAKER 1: Heidi, what do you do to calm your body?

HEIDI: When I need to calm my body, I like to take a hot bath. Ahh!

SPEAKER 1: Kelsey, what do you do to calm your body?

KELSEY: To calm my body, I like to stretch.

JULIE: Jules, Jordan, Julie, Eddie, Kim, Carolyn, Amber, Heidi, and Kelsey all have ways to calm their bodies. Hailey, Isabel, and Jayden, what do you do to calm your body? The end.