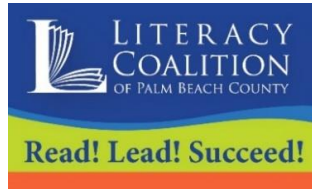


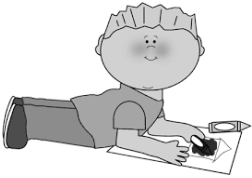
READ and THINK before you ACT.



Leading through Reading

Repetition is Relaxing (3-5)

READ



Repetitive simple actions with your body can calm the mind. These actions can involve your entire body, like when you move back and forth on a swing, or they may involve part of your body, such as when you color with a crayon. Simple activities require very little concentration, but they do involve paying attention to your body.

As you pay attention to your body, you pay less attention to your worries. When you feel like you're stressed, it is helpful to move your body in a calming way, repeatedly. This helps you to relax and unwind.

THINK



Rocking is a repeating motion.

Do you think being rocked is soothing?

Could it have been the first soothing action that you experienced?

Do you still find it soothing?



Read: [Love and the Rocking Chair](#)

ACT

It is important to find activities in which your mind and body can get lost in soothing repetition.

Try these:

Clean. Grab a broom or a mop and clean up the floor while you clear your mind with back and forth movements. Wash the car, wipe down the counters, or scrub the bathtub. These activities can calm your mind, and there is a big bonus—your surroundings start to shine.

Squish a stress ball, clay or playdoh. If you have a balloon and cornstarch, you can make your own [stress ball](#). If you have flour, water and salt, you can make [playdoh](#). If you do not have any of these at home, then try a wet wash cloth. Fill a sink with water. Soak a small cloth in water. When the cloth is saturated (filled with water), lift it and squeeze out as much water as you can. Repeat.

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.

Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to nbirardi@literacypbc.org