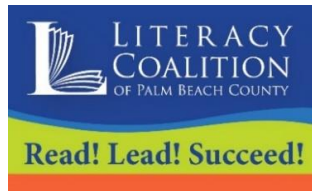


READ, understand and THINK before you ACT.



Leading through Reading

READ

Repetition is Relaxing (6-8)

Repetitious physical activities that require only a small amount of concentration, and not much thought, can help the mind to decrease the intensities of its worries. When you feel like you're stressed, it is helpful to move in a calming way, repeatedly. Concentration on something that is not complex, or detailed, can be relaxing. As we relax, we begin to unwind, and nervous restlessness is reduced.

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

Read about five more ways to [calm your worries](#).

THINK



Have you ever found that when you are done with a chore, you feel calmer?

What types of chores have made you feel more relaxed?

Do any of your chores involve back and forth, repetitive, over and over again, types of motions to them?



ACT

Which one of these repetitive actions calms you the most?

1. **Coloring or doodling.** The purpose isn't the picture, it's the process, the repetitive stroke of the crayon or colored pencil.
2. **Kicking a ball.** Find a wall or garage door in a safe yard to kick the ball. Kick it up to the wall. When the ball bounces off the wall, kick it back.
3. **Jumping rope.** Count as you jump. When you miss, start over again.
4. **Sweeping.** Grab a broom or a mop and clean up the floor while you clear your mind with back and forth movements.
5. **Squishing 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.
6. **Petting the dog.** Whether it is a dog or a cat, petting an animal requires a back and forth motion that is repetitive and calming for the person doing the petting and for the animal who receives the attention.
7. **Cleaning.** When you wash the car, wipe down the counters, scrub the bathtub, it requires a back and forth that can calm your mind. The upside is that your surroundings start to shine.



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@literacyabc.org