

Gestures can be movements to show what we are thinking or feeling. Gestures can show when we feel angry, happy, sad, and other feelings.

By choosing and using gestures that help us feel calm, happy, or relaxed, we can change the thoughts we may have that are moving us out of our zone.

It is helpful to practice gesturing so that when you are faced with challenges you can easily use them to help you stay in your resilient or “OK” zone.

### Examples of gestures that may help you feel calm or relaxed:

- Smiling.
- Clapping.
- Hand flapping.
- Rubbing your hands together.
- Spinning.
- Tapping a surface or parts of your body.
- Humming.
- Wiggling your toes.
- Putting your hand on your chest.

Use the space below to write down some gestures or movements that you do when you are feeling calm, happy, or relaxed. If you're not sure what to write down, ask someone who knows you well to help you think of ideas.

- 1.
- 2.
- 3.



Using the answers you wrote above, spend a few minutes practicing these movements. When you are done, notice how you feel. Does any part of your body feel different or more relaxed?

Keep practicing these gestures or movements throughout your day. This will make it easier for you to use these skills when you feel like you are being moved out of your resilient or “OK” zone.

