

## Mindfulness Tools for Kids

# Slow Rocking

Slow Rocking releases endorphins into the body and helps us feel better. What are endorphins? Endorphins are good chemicals that are released when we get hurt, laugh, or exercise. Try Slow Rocking when you're frustrated, anxious, or want to calm your body or mind and feel better.

## Instructions

- 1.** Get comfortable, you can sit or stand.
- 2.** Take a few deep inhales and exhales.
- 3.** Slowly rock your upper body from side to side, or forward and back, while inhaling and exhaling.
- 4.** You can play or hum a slow soothing tune while you rock. Find what feels best for you.
- 5.** Stop and notice what your body is feeling. Close your eyes if that's comfortable.

