LOW POWER
Charge up:
- Chair push-ups (fast)
- Pretzel push
- Eat a chewy or crunchy snack
- Get up and sharpen pencil/use restroom, etc.
- Sky reach/stretch
- Drink some water
- Sit on the ball
- Heavy work

CHARGED BATTERY
You:
- Feel in control
- Make good choices
- Pay attention
- Looking at what you are doing
- Mindful
- Calm body
- Calm, focused brain
- Meeting goals

POWER SURGE
Calm down:
- Chair push-ups (slow)
- Pretzel push
- Deep breaths
- Close eyes
- Say “be here now”
- Chair melt
- Heavy work
- Sit on the bean bag