

# CLASSROOM

1.

**posture** - sitting with feet on ground helps teens feel more grounded (**helps focus**)

2.

**movement** - some kids struggle to sit still, give them something to fidget with (**aid concentration**)

3.

**Use a sound/bell** - stop during lesson and take a deep breath and breathe out slowly (**reduce stress**)

4.

**Choosing a sense** - taking 30s to tune into one of the 5 senses (**reduce anxiety**)

5.

**Connecting fingers** - tips connecting - power mudra (**helps focus**)

*Ready for more tips?*