


What do you do to help yourself calm down when you are uptight and wake yourself up when you are feeling flat?

Calm down

Wake up

	Calm down	Wake up
<p>Using taste</p> 		
<p>Using movement</p>  <p><small>This Photo by Unknown Author is licensed under CC BY-NC</small></p>		
<p>Using touch</p> 		
<p>Using visuals</p> 		
<p>Using listening</p> 		
<p>Using smell</p> 		