

BILATERAL STIMULATION

Balance Your Brain. Calm Your Body.

Bilateral stimulation uses both sides of your body together. It helps your brain feel balanced and safe, and can calm stress, worry, and big feelings.

FOR KIDS

Butterfly Taps or Hugs



HOW TO DO IT:

- 1 Cross your arms.
- 2 Gently tap your shoulders one at a time (like butterfly wings).
- 3 Breathe in... breathe out.
- 4 Keep going until you feel calmer.

★ When can I use it?

FOR ADULTS

Centering



HOW TO DO IT:

- 1 Place one hand on your chest and the other on your belly.
- 2 Breathe in... breathe out.
- 3 Notice the sensation.
- 4 Repeat until you feel centered.

★ When can I use it?

This helps your brain switch from "stress mode" to "calm mode."



 Small movements can make a big difference.

STRESS-PRESS

Release Tension. Regain Control.

Stress-Press helps you release strong feelings like anger, frustration, or overwhelm by using steady pressure.

HOW TO DO IT:

- 1 Press your palms together as hard as you can.
- 2 Hold for 10 seconds.
- 3 Breathe in and out slowly.
- 4 Do this 3-5 times.
- 5 Feel your power, then release.



♥ WHEN TO USE IT:

- When I feel angry
- When I feel frustrated
- When I feel overwhelmed
- When I need to feel strong and in control

♥ How did I feel before? _____

How do I feel after Stress-Press? _____

What helped the most? _____



I can handle big feelings. I can press, breathe, and release. ♥

SPAGHETTI BODY

Let Go. Get Loose. Feel Better.

When we feel tense or stressed, our bodies get tight. Spaghetti Body helps you let go of that tightness and feel relaxed.

HOW TO DO IT:

- 1 Stand up tall.
- 2 Take a deep breath in.
- 3 As you breathe out, imagine your body going limp like cooked spaghetti.
- 4 Let your arms, legs, neck, and shoulders be loose.
- 5 Wiggle and shake gently.
- 6 Take another deep breath.
- 7 Notice how relaxed you feel.



★ When can I use it?

- When my body feels tight
- When I feel stressed or overwhelmed
- After a long day
- Anytime I need to relax



Before: How is my body feeling? _____

After: How is my body feeling? _____

What did I notice? _____



★ I let go of the tight. I choose calm.

THE TURTLE

Go Inside. Feel Safe. Calm Down.

When feelings are too big, go inside your shell. The Turtle helps you slow down and feel safe.

HOW TO DO IT:

- 1 Notice your big feelings.
- 2 Take a deep breath.
- 3 Cross your arms in front of you.
- 4 Tuck your chin down.
- 5 Go inside your shell.
- 6 Breathe in... breathe out.
- 7 Come out when you're ready.



♥ I can use The Turtle when:

- I feel scared
- I feel overwhelmed
- I need a break
- I need to calm down



Before: How did I feel? _____

After: How do I feel now? _____

What helped me the most? _____



It's okay to go inside. I can come out when I'm ready. ♥