



# Kids Morning Workout for Emotional Regulation

Set a timer for each task. Sustain the task for 30-45 seconds and then take a 15 second rest. Then proceed to the next task. See how many you can do!

1. Bear Walks
2. Monkey Jumps
3. Crab Crawls
4. Leap frogs
5. Sandpaper on Wood
6. Run in place
7. Donkey Kicks
8. Elephant Stomping