

GENTLE MOVEMENT STEPS

When you feel a bit tired or maybe even worried about a seizure, try to move a bit and see if you feel different.

1



Butterfly Arms

Cross arms over chest, move up and down like wings! Do it five times.

2



Stretch Like a Tree — reach up tall! See if you can count to 10 while stretching.

Moving about can give your brain extra energy and helps it become free of negative thoughts!

4



Stand tall, reach arms up, stretch side to side, slowly bend down.



Use a small space and keep jumps gentle and fun!