



# 14th December

## Stomping in the Snow!

Find some space at home or school to stamp your feet and blow away your worries for today!

- \* Stand up straight with your feet apart
- \* Stomp your left foot
- \* Stomp your right foot
- \* Breathe out deeply
- \* Feel your feet connected to the ground

Repeat this until you feel calmer. You might want to pretend your feet are in the snow!

- \* Stomp in the snow, be the winter wind & blow
- \* Stomp in the snow, be the winter wind & blow
- \* Stomp in the snow, be the winter wind & blow