



# Ezi-Calm

### Purpose:

- Feel calm and peaceful
- Use when upset, frustrated, angry



1st Move



2nd Move

### 1st move (30 sec - 1 minute)

- Sitting, standing or lying - cross ankles
- Hold hands out in front (thumbs down)
- Cross hands, interlock fingers and relax

### 2nd move (30 sec - 1 minute)

- Uncross ankles, place fingertips together