**Give Yourself a Hug**

**How does it help students?**

* **Improve the ability to sense more clearly what is happening in their bodies and in their surroundings**
* **Relief from stress**
* **Use a calming strategy**

**What will we need? 0**

**How do we do it? Instruct your students to wrap their arms around themselves, tightly. Tell them to appreciate all that they are doing and all who they love, and all that they have.**

**Additional Notes:**

Reference: https://www.wikihow.com/hug-yourself