

FEELING EMBARRASSED?

Sometimes we make mistakes while people are watching and we feel embarrassed. You can turn your **Embarrassment** into **Resilience** by performing physical activities from the Wiggle Jar! Let's practice. Perform each activity for up to 30 seconds. When finished, mark this event complete on your scorecard.



Perform all activities for up to 30 seconds with 15 seconds of rest in between each activity.

1. **Give yourself a BIG HUG and say..."Everyone makes mistakes sometimes. I will be okay. I made a mistake but I am not my mistake."**
2. **Reach your hands high up over your head to make a Y shape with your arms 4 times.**
3. **Roll your shoulders up, back, and down 12 times.**
4. **Put your hands on your heart and say, "It's okay."**
5. **And then to finish, take 3 deep, slow breaths.**

Get 30-Second Interval Music on [Apple Music](#) or [Spotify](#).

Congratulations!

You've started the process of turning your **Embarrassment** into **Resilience**!



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WIGGLE YOUR EMBARRASSMENT INTO RESILIENCE

Embarrassment shows up when we're feeling like we're not enough and don't belong. It helps us learn how to accept ourselves, bounce back from disappointment, and be kind to others who might be feeling this too. **Here's how you can channel your Embarrassment into Resilience:**

1. Do some of the wiggles from the **Embarrassment Wiggle Jar** to move the stress out of your body.
2. Take a deep breath and let it out slowly.
3. Then ask yourself, "What am I embarrassed about? Did I make a mistake or do something wrong? Am I afraid that I will be rejected by my friends and family?"
4. Even though you might have made a mistake, YOU are not a mistake. Mistakes are part of learning. Use your embarrassment to recognize where you need to repair a relationship, fix a mistake, or learn how to do something new. The strongest people are the ones who know how to admit to their mistakes and to apologize if needed. When you give yourself permission to fail, you accept yourself fully and give yourself a place to belong.



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