

FEELING OVERLY EXCITED?

Sometimes we can feel too excited and it's hard to control our behaviors. You can turn your **Excitement** into **Focus** 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. **Dance around like a duck.**
2. **Bounce your body up and down 11 times.**
3. **Throw imaginary confetti in the air.**
4. **Give yourself a BIG HUG and twist and giggle.**
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 **Excitement** into **Focus**!



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WIGGLE YOUR EXCITEMENT INTO FOCUS



Excitement arrives with a whoosh of energy that feels great! But if you don't channel this energy into some sort of activity, all the excitement can add up and make you feel jittery and scattered. It's kind of like when you eat too much sugar. Since this can make it hard to control behavior, too much excitement can be really challenging.

Here's how you can channel your Excitement into Focus:

1. Do some of the wiggles from the **Excited Wiggle Jar** to move some of the energy through your body.
2. Once you are feeling calmer, take a deep breath.
3. Then ask yourself, "What am I excited about? Is there anything I am looking forward to? What is one thing I can do right now to make sure that happens?"
4. Create a goal and then channel all your excited energy into achieving this goal! You can do it!!



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