



*Successful Families Successful Kids*

# WRIST CROSS

- Label your emotions. Then take that emotion into this moment.
- Cross your wrists together, and press in the inside of one wrist to the back of the other. Place that emotion between your wrists.
- Press firmly together! And hold for 5-10 seconds. Press between your wrists until that feeling disappears.

*This tool can be used as well with your legs. Both ways can be done sitting in your desk without people noticing.*



*This tool provides proprioceptive input and crosses the midline!  
Can be used for big emotions, high energy and wiggles or to wake you up if feeling tired.*



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