

Shake Out the Yuck



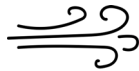
1. How do you use Shake Out the Yuck?

Practice, then draw a picture of yourself using it!

1. Imagine heavy thoughts or feelings as yucks.	
2. Pretend those yucks are stuck all over your body.	
3. Move your body all around to shake out those yucks.	

2. How do you feel after using Shake Out the Yuck?

Circle the cloud that best matches.



3. When could you use Shake Out the Yuck to help you feel your best self?

Draw or write your ideas.