**Focus:**

Your body is always your friend. Sometimes our bodies get tired and stressed. It gives you clues and signs that it is time to rest and relax.

**Looks Like:**

- Confident and relaxed students.
- Students who are able to calm themselves down in/after stressful situations. e.g. milkshake breathing or quiet time.

**Sounds Like:**

- Friendly voices.
- Encouraging words.
- Praising other’s efforts.

**Feels Like:**

- Proud that you can listen to what your body is telling you.
- Happy and relaxed.