





Quick Guide to Mind Body Tools for Testing

Tools correspond with Yoga Pretzel Cards

Behavior	Pose	Breath	Game	Music/ Visualization	Result
Unfocused Scattered Distracted Fidgety Silly Spinning	 <p>Warrior, Ragdoll, Airplane, Twist, Boat Tree, Boat</p>	Snake Breath Bear Breath Bunny Breath Bee Breath	Energy Balls Chaos Partner Poses Yogi Says	Baroque Color shower Be a Rainbow	Redirected Attention Focused
Moody Cranky Mad Sad Frustrated	 <p>Ragdoll, Forward Folds, Gorilla, Rock</p>	Elephant Breath Bellows Bee Breath	Go-Stop-Back-to-Back Washing In/Tapping Out	Classical music All Is Well Special Place	Shifted Mood Relaxed
Exhausted Low Energy Need a Jump Start	 <p>Twist, Shark Boat, Legs Up Wall, Restoratives, Inversions Could begin with resting pose</p>	Bunny Elephant Candle Bellows	Sky Divers Stop the Rock Yoga Pretzel	Steel Pan Drumming Upbeat Animal Friend	Balanced Integrated Energized
Too Much Energy Overwhelmed Anxious	 <p>Balancing, Mountain, Tree, Airplane Half Moon, Standing, Lion (with noise)</p>	Balloon Bear Easy Breath (Belly Breathing)	Nature Kids Pass the Squeeze Bean Bag Body	Slow, Instrumental Be a Rainbow	Calm Centered