

Proud Duck: Instructions

For up regulation, self respect and playful attunement

For a dose of cheerfulness

For feeling good about ourselves and connected with another at the same time

Sit or stand comfortably.

This can be a mirroring exercise, or you can practice together.

Sit or stand tall. Make eye contact. Lift your chest, waggle your shoulders forward and back in a proud, rapid motion for two or three whole breaths. Notice the expression on your own face, and on your partner's face. Let yourself look pleased with yourself.

Timing: This is a very short pick me up, 2-3 breaths.

To End: Close your eyes and press your palms together over your heart for a long slow breath or two. Each take a turn to TALK: 1-2 min - share about your experience.

Suggestions: Repeat often!

People like: "Makes me laugh." "Feels good to laugh together."

Challenges: Getting lost in trying to do it right. "Self conscious about sticking out my chest"