

Your voice, your body, your pace

Bright Steps · I Do / We Do / You Do worksheet

Three adjustments — to YOU

1. Drop your voice by 50% (whisper if you can). 2. Drop shoulders, unclench jaw. 3. Slow your movements.

Pick 3 moments today

Transitions are easiest: cleanup, lining up, end of class.

Watch the room follow you

Within 10–30 seconds, the room slows down too. Note before/after.

Track it this week

Moment	Before energy (1–5)	After energy (1–5)	What I noticed

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