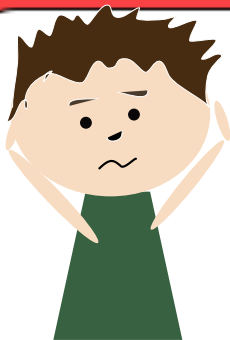


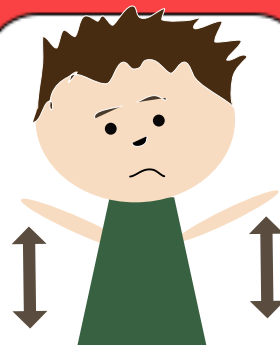
You can give yourself a hug



You can pat your hands on your head



You can do some wall pushes



You can put your arms up and down