



# Bump, Jump, Thump



## Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



## Practice

Give your body a jolt by safely jumping, bumping, thumping, or crashing. Feel the movements in your joints and muscles.

### WHY TO TRY:

Bumping, jumping, and thumping movements send powerful body signals to your muscles and joints. Finding a safe and controlled way to move can help your body feel more comfortable. It can also help you increase or decrease your energy level, depending on what you need.



**Bump, Jump, Thump**

**Try to find a moment each day of the week to practice the tool.**



## Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

