



Crunch or Chew



Check-in

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



Practice

Crunch or chew on something.

- Crunchy things:
veggies, pretzels, apples, chips
- Chewy things:
gum, jerky, dehydrated fruit, chew fidget

WHY TO TRY:

Crunching and chewing is a workout for your mouth. It engages your senses of taste and touch to send signals from your mouth to the rest of your body. You may find it has a calming, alerting, or focusing effect.



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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?

