



Feel and Fidget



Check-in

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



Practice

Use your sense of touch.

Some ideas:

- Putty, Play-Doh, slime
- Hand fidgets
- Bins of rice or sand
- Water
- Textured objects

WHY TO TRY:

Using your sense of touch sends signals from your hands to the rest of your body to help you focus, pay attention, or relax.



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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?

