



Heave-Ho!



Check-in

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



Practice

Use your muscles to push, pull, or carry something heavy.

Some ideas:

- Lift weights
- Carry a heavy item or full backpack
- Push a heavy cart
- Pull a loaded wagon
- Wall or chair push-ups

WHY TO TRY:

Moving heavy objects sends strong body signals to your muscles and joints, helping you turn your energy up or down. It can also help your body feel more comfortable and organized.

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?

