



Ride, Glide, Slide



Check-in

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



Practice

Move around in a way that feels good for your body.

Some ideas:

- Bike, skate, scooter
- Swing
- Slide
- Spin around
- Take a walk
- Tip your head upside down

WHY TO TRY:

Riding, sliding, and gliding motions can help your brain pay attention to where you are and how you're moving. Moving your body around can help to engage your muscles and refresh your whole system.

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



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Reflect

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

