



# Soothing Movements



## Check-in

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



## Practice

Move in a way you can repeat again and again.

### You can try:

- Wiggle your toes
- Flap your hands
- Sway back and forth
- Tap your toes
- Rub circles on your fingernail with another finger
- Make circles on the roof of your mouth with your tongue



**Soothing Movements**

### WHY TO TRY:

Motions that are repeated can be calming, help regulate energy, and keep your brain and body focused.

**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?

