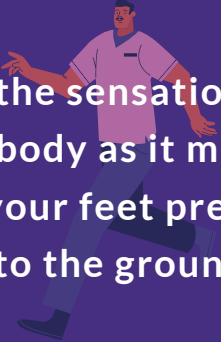


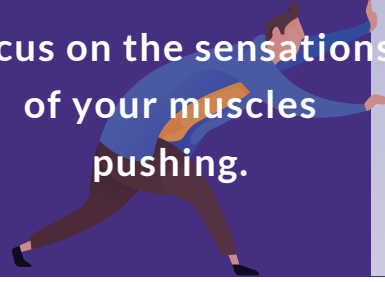
# Walk

Feel the sensations in your body as it moves. Feel your feet pressing into the ground.



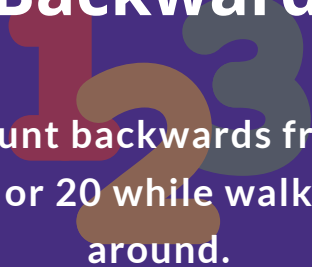
# Push Against a Wall

Focus on the sensations of your muscles pushing.



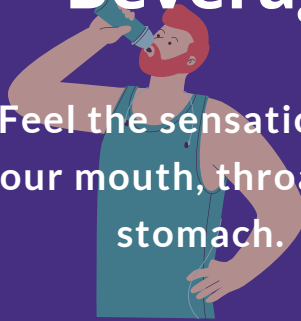
# Count Backwards

Count backwards from 10 or 20 while walking around.



# Drink a Beverage

Feel the sensations in your mouth, throat, and stomach.



# Music Therapy

Listen to pleasant music and notice the sensations



# Look for Colors and Shapes

Option 1: Name 6 or more colors you see  
Option 2: Name 6 or more shapes you see



# Notice

Look at everything around you and notice which objects catch your attention; name them



# Touch Objects

What do the textures feel like?



# HELP NOW!

Help Now! strategies decrease or raise activation within the nervous system when a person is stuck in either the high or low zone.