

**Coordination**  
*Arms & Legs*



**Routines**  
*Structured Activities*



**Balance**  
*Physical Stability*



**Learning**  
*New Things*



**Connection**  
*Social Activity*



**Calm**  
*Relaxation*



**Sleep**  
*Rest & Recovery*



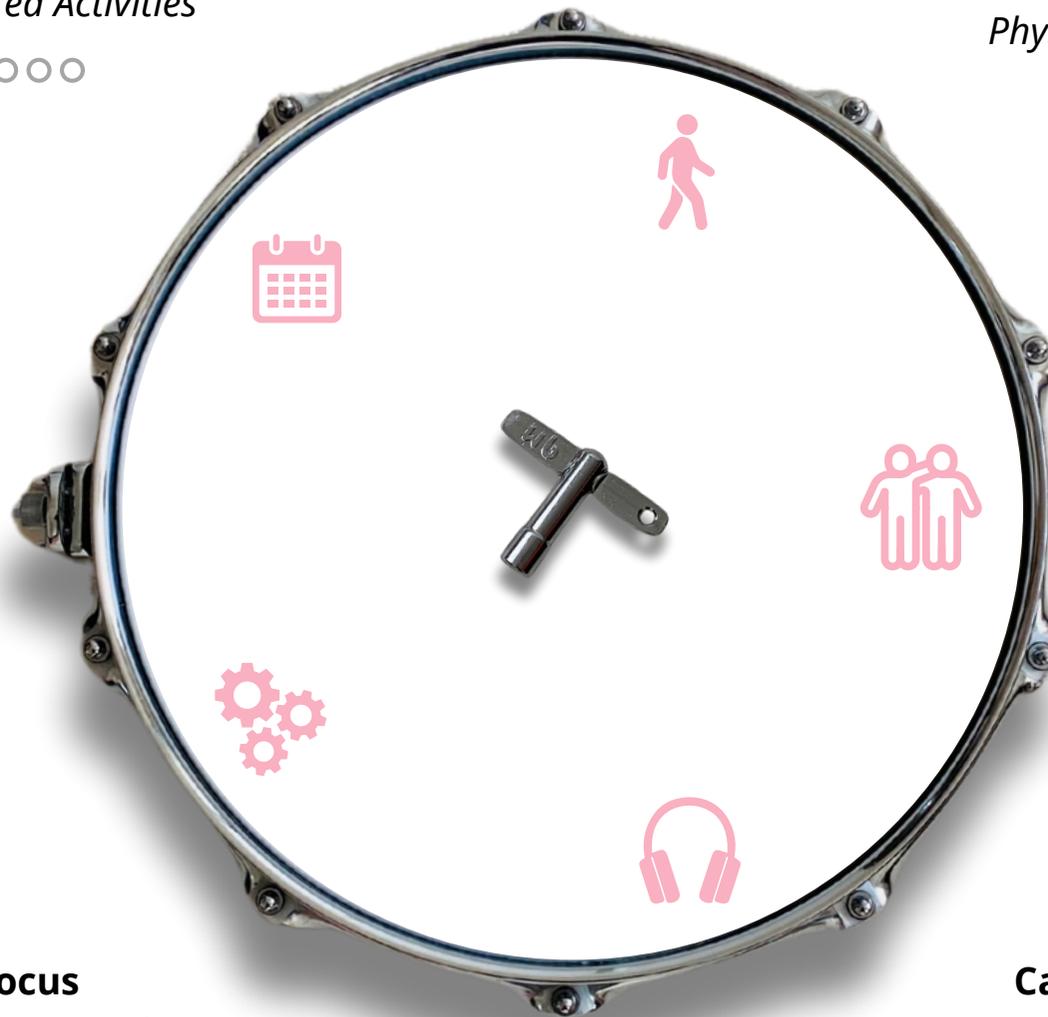
**Habits**  
*Healthy Behaviours*



**Attention**  
*Selective Awareness*



**Focus**  
*Deep Concentration*



 **Loose**

Choose Loose when the area feels under-supported, neglected, or not where you want it to be.

 **Just right**

Choose Just Right when this area feels steady, healthy, and in a good rhythm.

 **Tight**

Choose Tight when this area feels over-pressured, stretched, or stressful.