

Movement,
pressure,
and deep input
help our bodies
feel safe.

My Proprioceptive Supports

My Movement, My Way

This is a space to explore the movements and activities that help your body feel calm, grounded, strong, and ready for whatever the day brings.



MOVEMENTS I ENJOY

These are movement activities that feel good to my body.

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★ It's okay if these change from day to day.

CALMING ACTIVITIES

These help me feel calm, relaxed, or less overwhelmed.

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★ These are my go-to activities when I need to reset.

GROUNDING ACTIVITIES

These help me feel present, steady, and connected.

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★ These help me when I feel wobbly, scattered, or disconnected.

THINGS THAT HELP AFTER OVERWHELM OR BIG FEELINGS

These help my body and mind recover and feel safe again.

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HEAVY WORK IDEAS

These kinds of input help my body feel organised and supported.

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SENSORY MOVEMENT BREAKS

Quick movement ideas I can use during the day.

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SIGNS I NEED MOVEMENT OR PROPRIOCEPTIVE INPUT

These are signs my body might be telling me it needs movement, pressure, or deep input.

Noticing the signs early can help me feel better sooner.

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