

STRATEGY AREA	ACTIVITY	HOW OFTEN / WHEN (Come back to this column in Step 5)
Body movement and awareness	1. 2. 3.	
Creativity	1. 2. 3.	
Bombarding the senses	1. 2. 3.	
Connecting with others	1. 2. 3.	
Other activities you identified yourself (optional)	1. 2. 3.	