Everyday Movement Choices

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

People have different mobility and energy needs.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Identify personally chosen accessible movement or rest options without performance targets.

3. Which choice respects the person's body and context?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.