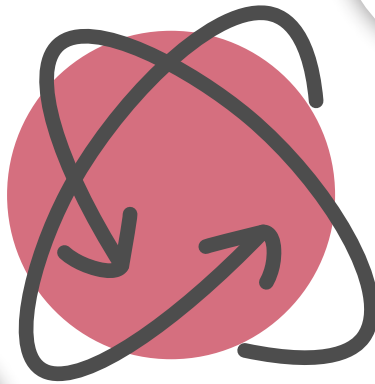


Movement



Use the QR Code to watch a video of someone with FASD crossing the midline



Lots of people with FASD find that moving around really helps them to calm down and focus on what they need to do next.

People talk about:

- > running
- > jumping
- > skipping
- > spinning
- > trampolines

Crossing the midline gives you the chance to move while you are standing in one spot.

Send us a picture to of what you do to move to hello@fasd.me



Lots of people without FASD also use crossing the midline to help them to train their brain.

You can too!

Does crossing the midline help you?  

Make a list here of the types of movement that help you to calm down and concentrate:

