How are you feeling?

At Closegap we use planets to describe our feelings. You may be feeling one way right now, but feelings are temporary— they aren’t who you are and they will pass. You can move from feeling to feeling, from planet to planet, all day long.

How does that feel in your body?

From here you check in with your physical feelings, or the sensations happening in your body. These are our moons.

What else is going on?

Then we ask about your energy levels, and follow up with some additional questions: Did you sleep well last night? Is everything OK at home? Are you hurt or sick? Do you want to talk to someone?

Which activity would you like to complete?

We then offer a library of activities to choose from, varying from calming to energizing, from discreet to things you can do with others.