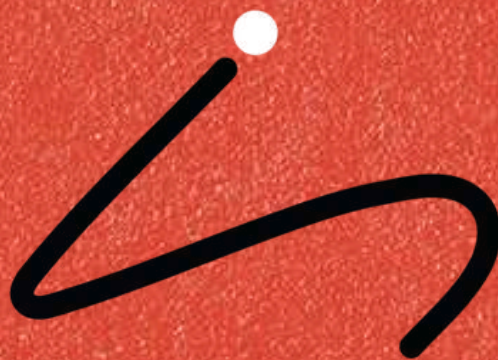


**Have you ever  
wondered...**



**...why so many  
neurodivergent  
people**

**get hooked on  
skateboarding?**



**GOODPUSH**






# Regulation

**A Harvard neurologist, Dr. Jeremy Schmahmann, has discovered a fascinating connection. The cerebellum—known for managing physical balance—also helps to regulate emotional balance.**





the  
cerebellum  
contains  
nearly 75%  
of our brain  
cells



# Adaptability

**This research challenges the long-standing view of the cerebellum as merely a motor control center and shows its involvement in diverse brain functions, including emotional regulation and adaptability.**



**By engaging in balance exercises such as skateboarding, we're essentially taking our cerebellum to the gym!**



**skateboarding =  
adaptability**

**This workout trains our brain to adjust and respond to changes—whether those are environmental, emotional, or cognitive.**



**By combining this adaptability and problem-solving with the resilience built by learning new tricks, we are fostering a flexible, creative approach to life's unpredictability.**



# **Resilience**

**Thus, helping us to navigate challenges and stabilize our thoughts, emotions, and behaviors.**





# Mental clarity

**This is of course beneficial for all types of brains (every brain is unique!), but can be especially soothing for neurodivergent people. Helping to achieve mental clarity and emotional harmony. Get out there and skate!**