

FREE TO MOVE



SAFETY MINISERIES

# WORKBOOK

WE ARE FREE TO... BE AWARE

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A woman with long dark hair, wearing a light-colored sweater and dark pants, is walking on a dirt path in a lush garden. She is looking to her right. The background is filled with various green plants and trees, creating a serene and natural setting.

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# Introduction

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# Hello!

As a former librarian, I view the world through two essential lenses: equity of access and intellectual freedom. Free to Move is built on the belief that all women—regardless of background, identity, or circumstance—deserve access to the information and resources needed for safer outdoor movement.

There should be no barriers to education about our safety. This miniseries is just the beginning of our commitment to making safety knowledge equitable, accessible, and actionable for all.

Thank you for being part of this work and for helping create a world where women can move freely and confidently.

For Alyssa.  
For all womankind.

*Abby Lokits*

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# Goals

1

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Understand and describe the difference between fear and awareness.

2

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Inventory your current awareness practices: identify what works and what doesn't.

3

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Learn the 360° scan and articulate how to use it in your regular movement practice.

Awareness allows us to move through the world, and especially through our outdoor exercise, freely, calmly and confidently.

*Situational awareness isn't about fear:  
it's about presence.*



# Set the Scene

## GET OUTSIDE

Choose to practice this tool in an outdoor environment. Consider starting with some gentle stretching, walking, or other movement.

## CREATE SPACE

Have writing materials for notes and journaling. Don't rush any part of the process. Candidly share and reflect. We are doing the good work to equip ourselves to grow in confidence in outdoor movement.



*Awareness is presence.*

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# Practice

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A close-up, low-angle shot of a woman with long, dark, wavy hair. She is looking upwards and to the left with a contemplative expression. The background is a dense forest with sunlight filtering through the trees, creating a soft, dappled light effect. The overall color palette is muted, with greens and browns.

WATCH THE VIDEO

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# Post-Video Practice

Awareness isn't paranoia—it's presence. We're not looking for danger, we're building confidence in noticing what's around us. Really focus on what is happening around you and listen to what is happening inside your body. *Let's practice the 360° Scan.*

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## First,

Pause. Notice your breath, your posture, and the ground beneath your feet.

Walk or jog forward at an easy pace. Focus on steady breathing.

## Then,

Every 20-30 seconds:  
Look left. Look right.  
Glance briefly over each shoulder.

Pause at intervals to slowly turn in a full 360° circle.

Engage the senses:  
*What do you hear?*  
*What do you feel?*  
*What do you see?*



# Daily Practice Plan

Intentionally schedule time each day this week to practice the 360° Scan during outdoor movement.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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# Reflection

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# Reflection

The 360° Scan is an incredibly valuable practice. We are tuning into the present so we can move more confidently in outdoor spaces. Take a moment to reflect on the how being present affects your sense of confidence and calm.

When has awareness helped me—either to feel safe, to notice something beautiful, or to stay grounded?

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# Reflection

What do I tend to notice first when I'm being observant—sights, sounds, body sensations, people's energy?

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How does awareness shift the way I move in comparison to when I'm distracted?

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# What's Next...

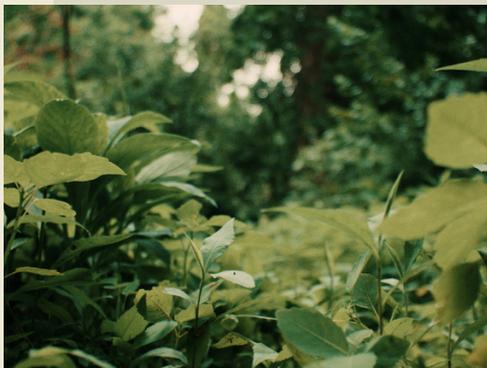
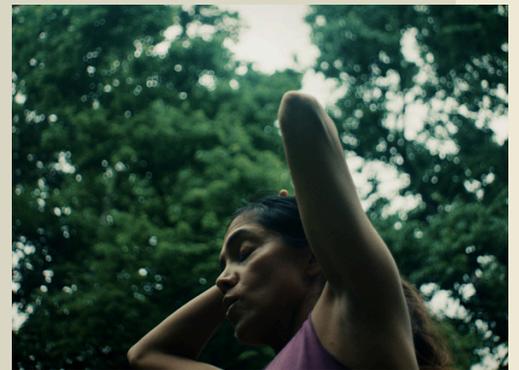


## MAKE NOISE

We're not being rude when we speak up, we're being clear. Your voice is a powerful boundary tool. We will practice making noise as an important reactive safety skill.

## TAKE ACTION

Practicing our tools in moments of calm gives us confidence and the ability to take action in a stressful situation. You are ready.

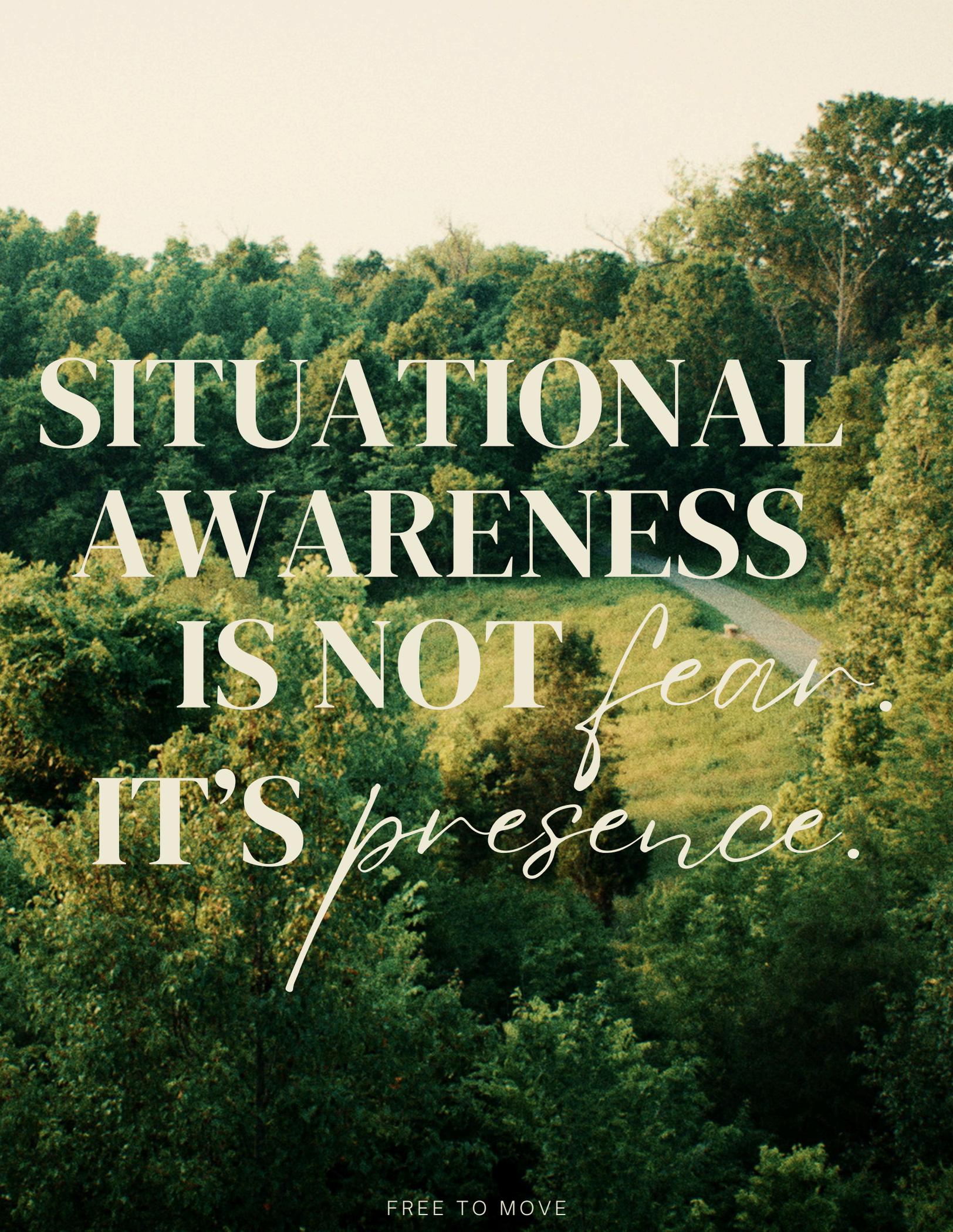


## COMING SOON...

The Free to Move Safety Miniseries is just the beginning. Subscribe to Free to Move emails to stay up to date on more education resources.

*For more resources check out our website [wearefreetomove.org](http://wearefreetomove.org)*

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An aerial photograph of a lush green forest. A narrow, light-colored path winds through the trees, starting from the right side and curving towards the center. The trees are dense and vibrant green, with some sunlight filtering through the canopy. The overall mood is serene and natural.

SITUATIONAL  
AWARENESS  
IS NOT *fear.*  
IT'S *presence.*