

When things feel big, I can:



Quiet spot



Blanket



Headphones



HOW TO USE IT THIS WEEK

Plan when calm. Together, pick 2 or 3 things that help: a quiet spot, a blanket, headphones.

Put them on one card. Show the card early, when you first see signs of stress.

Stay close, say less. In the moment, fewer words and a calm presence help most.