

WHAT DOES MY BODY NEED?

I can pause, notice, and choose what will help me.

MOVE

I have energy stuck in my body.



- ★ Jump or dance
- ★ Go outside and play
- ★ Animal walks or stretches
- ★ Bounce or swing

I'll try this!

☐

QUIET

My brain has had enough information.



- ★ Read or look at books
- ★ Draw or color
- ★ Listen to calm music
- ★ Quiet time in my space

I'll try this!

☐

CONNECT

I need someone to notice me and be with me.



- ★ Give or get a hug
- ★ Tell someone about my day
- ★ Play together
- ★ Sit and talk

I'll try this!

☐

REFUEL

My body needs something.



- ★ Have a snack
- ★ Drink some water
- ★ Use the bathroom
- ★ Take a rest

I'll try this!

☐

GET IT OUT

Something is stuck in my brain.



- ★ Write in my journal
- ★ Draw how I feel
- ★ Talk about it
- ★ Write a worry down

I'll try this!

☐

HELP

Something feels too hard to do by myself.



- ★ Ask an adult
- ★ Ask for a break
- ★ Ask for help getting started
- ★ Use kind words

I'll try this!

☐

IF PLAN A DOESN'T WORK...

I CAN FIND A PLAN B!

I don't have to like Plan B. I just try it.



PLAN A: What I hoped would happen



PLAN B: Something else I can try



I know my body and feelings.
I can choose what helps me feel better!

