

AT HOME MORNING ROUTINE

WHEN MORNINGS FEEL BIG



BEING WOKEN UP FOR SCHOOL CAN FEEL BIG!

Good morning, champ! Time to get ready for school. ❤️

Mmmm... not yet...



From the outside, waking up might look small. But on the inside... it can feel **HUGE**. ❤️

That's because morning can wake up a whole **crew** of feelings! ⭐



LUMPCLOUD
The Heavy, Sleepy Cloud.



FLUFFIT
The Worried Word.



Too much. Too loud. Too early...



FIZZLET
The Jumping Brain Sparks.



REPLAYMOTH
The Memory Looper.



SPARKIT
The Tiny Motivation Spark.

TRY THESE FIRST STEPS. SMALL MOVES = BIG HELP! 🐾

1. WAKE UP.



Open your eyes. ❤️

2. PAUSE.



Give yourself a moment. ⌚

3. BREATHE.



Breathe in... Breathe out... ❤️

4. SIT UP.



One small step at a time. ⭐

❤️ YOU'RE NOT ALONE. IT'S **OKAY** TO TAKE YOUR TIME. ❤️

BEEP! BEEP! BEEP!



TOO BRIGHT!

OWW!
TOO BRIGHT!

TOO COLD!

BRRR!
TOO COLD!

LUMPCLOUD
FEELS HEAVY
AND SLEEPY.

I JUST
WANT TO
HIDE...

PANIKIT
FEELS WORRIED
AND JUMPY.

TOO MUCH!

LET
MANY
TESTS!

TEST
TODAY!

LUNCH
BOX!

HOME-
WORK!

PE KIT!

BE ON
TIME!

WHAT IF
I FORGET?

REPLAYMOTH
REMEMBERS
HARD MORNINGS.

I REMEMBER
A MORNING
LIKE THIS...

FORGOT
SOMETHING!

TEST
D

YOU'VE GOT
THIS, ONE
STEP AT A
TIME!

SPARKIT
A TINY SPARK
OF HOPE.

TOO LOUD!

STOP!
MY HEAD
FEELS FULL!

TOO MUCH TO DO!

- TODAY:
- SCHOOL
- TEST
- HOMEWORK
- PACK BAG
- PRACTICE
- AND MORE!

TOO MUCH PRESSURE!

WHAT IF I
DON'T GET
IT ALL
RIGHT?

THIS IS OVERWHELM.

I'M DOING MY BEST.

★ IT'S OKAY TO FEEL THIS WAY. I'M NOT LAZY. I'M HUMAN.

ONE SMALL
STEP.
I CAN
DO THIS.

4

WHAT HELPS ME WAKE UP FOR SCHOOL?

MORNINGS CAN BE HARD. BUT THERE ARE THINGS THAT HELP!

WE'RE A TEAM. WE'VE GOT THIS!

LET'S FIND WHAT WORKS FOR YOU.

1 LIGHTS & CURTAINS SLOW AND BRIGHT.

LET'S LET THE LIGHT IN GENTLY.

2 GENTLE WORDS, NOT SHOUTS.

SOFT VOICE. KIND WORDS. BETTER START.

3 COMFORT HELPS.

CUDDLE, HUGS OR COOKIES.

4 COUNTDOWN TO GETTING UP.

5... 4... 3... 2... 1... LET'S GO!

5 CLOTHES THE NIGHT BEFORE.

PICK, PREP, AND PACK OUT!

6 VISUAL CHECKLIST KEEPS ME ON TRACK.

SEE IT. DO IT. FEEL PROUD!

7 FUEL MY BODY.

FAVOURITE BREAKFAST OR DRINK.

8 CALM BREATHS, CALM MIND.

INHALE... EXHALE... I'VE GOT THIS.

9 EXTRA TIME? GREAT IDEA.

A FEW EXTRA MINUTES CAN HELP A LOT.

10 PRAISE FOR TRYING!

EFFORT IS AWESOME!

PROGRESS, NOT PERFECT. EVERY SMALL STEP COUNTS.

SOME DAYS ARE HARD. SOME DAYS ARE EASIER. BUT TOGETHER, WE KEEP GOING.

YOU'RE DOING AMAZING!

8DHD

YOU DID IT — ONE BRAVE STEP AT A TIME!

I did it! I woke up!

Look at you! That's my brave kid.

Nice work!



TODAY, YOU...

WOKE UP!

SAT UP!

GOT DRESSED!

ASKED FOR HELP!

TOOK A BREATH!

KEPT TRYING!



Woohoo! ❤️



Way to go!



Look at you! ❤️



Smart move! ❤️



Breathe. You've got this. ❤️



Never quit! ❤️



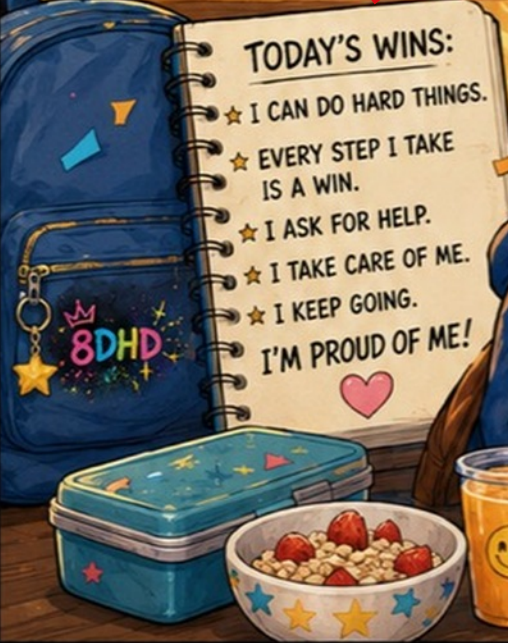
EVERY SMALL STEP BUILDS BIG BRAVERY!

It's okay to feel wobbly.

It's okay to need extra time.

What matters is... you keep going!

YAY, TEAM! ❤️



- TODAY'S WINS:**
- ★ I CAN DO HARD THINGS.
 - ★ EVERY STEP I TAKE IS A WIN.
 - ★ I ASK FOR HELP.
 - ★ I TAKE CARE OF ME.
 - ★ I KEEP GOING.
- I'M PROUD OF ME! ❤️



Brave. Strong. Capable. That's YOU! ❤️

YOU DON'T HAVE TO BE PERFECT. YOU JUST HAVE TO KEEP SHOWING UP.

AND YOU DID!



WHEN MUM DOES IT DIFFERENTLY, IT CAN FEEL BIG!

GOOD MORNING! NEW DAY, NEW ADVENTURE!

SOME NEURODIVERGENT KIDS FEEL SAFER WITH ROUTINES—THE SAME STEPS, IN THE SAME ORDER, WITH THE SAME PEOPLE. ❤️

WAIT... MUM?!

GOOD MORNING, SUNSHINE! I'M HERE TO GET YOU READY TODAY!

DAD USUALLY GETS ME READY. MUM DOES IT ALL... DIFFERENTLY!

WHEN ROUTINES CHANGE, IT CAN FEEL **BIG, LOUD, AND UNPREDICTABLE.**



LUMPCLOUD
THE HEAVY, SLEEPY FEELINGS.



PANIKIT
THE WORRY WIZARD.



FIZZLET
THE ZAPPY, EXCITED ONE.



REPLAYMOTH
THE MEMORY KEEPER.



CRUMBLIN
THE COZY, MELTY FEELINGS.



SORRYSprite
THE KINDNESS CUDDLER.

SAME ME. SAME SCHOOL. BUT... DIFFERENT ROUTINE.

MY BRAIN NOTICES RIGHT AWAY!

CHANGE CAN FEEL ENORMOUS!

❤️ CHANGE ISN'T BAD—BUT IT CAN FEEL BIG. ★ WE CAN HANDLE IT—TOGETHER! 😊

DIFFERENT CAN FEEL REALLY BIG.

GOOD MORNING! TODAY, WE'RE DOING THINGS A LITTLE DIFFERENTLY!

FIRST... CLOTHES!

LET'S TRY THIS COOL HOODIE TODAY!

HUH?

NEXT... BREAKFAST!

YOGURT AND BERRIES BEFORE TOAST TODAY!

THAT'S NOT HOW DAD DOES IT...

THEN... BRUSH TEETH EARLY!

BRUSHING BEFORE SHOES? WEIRD...

FINALLY... SHOES FIRST!

LET'S PUT SHOES ON FIRST TODAY!

THIS FEELS ALL MIXED UP...

MY BRAIN EXPECTS THE OLD PLAN... EVERYTHING FEELS TOO MUCH!



WHEN ROUTINES CHANGE, OUR FEELING CREW WORKS OVERTIME.



PANIKIT
GETS WORRIED AND JUMPY.



REPLAYMOTH
REPLAYS HOW DAD NORMALLY DOES IT.



LUMPCLOUD
MAKES MY BODY FEEL HEAVY AND SLOW.



FIZZLET
MAKES MY THOUGHTS RACE!



CRUMBLIN
FEELS UPSET THAT THE PLAN CHANGED!



THIS ISN'T NAUGHTY. IT'S MY NERVOUS SYSTEM TRYING TO STAY SAFE.

PREDICTABILITY HELPS MY BRAIN KNOW WHAT'S COMING NEXT.



CHANGE IS HARD, BUT I CAN GET THROUGH IT WITH SUPPORT, KIND WORDS, AND TIME.

I AM LEARNING.

I AM GROWING.

DIFFERENT CAN BE HARD AT FIRST—BUT TOGETHER, WE CAN HANDLE IT.

MY BODY AND BRAIN ARE STRUGGLING.

WHEN THE ROUTINE CHANGES, MY BRAIN CAN FEEL **ALARMED**.



TOO MUCH!

CHANGE!



HEY BUDDY, I CAN SEE THIS IS REALLY HARD RIGHT NOW. I'M HERE WITH YOU.

WAAAHH!



DAD DOES IT THIS WAY!

MY BIG REACTION ISN'T MY BEHAVIOUR—IT'S **STRESS!** MY body and brain are overwhelmed.



MY BODY FEELS OUT OF CONTROL.



MY THOUGHTS FEEL TOO...



MY FEELINGS FEEL...



I CAN'T THINK STRAIGHT.



I NEED HELP.



♥ I'M NOT TRYING TO BE DIFFICULT. I NEED HELP TO FEEL **SAFE** AGAIN. ♥

YOU'RE NOT IN TROUBLE. YOU'RE IN A TOUGH MOMENT. I'LL HELP YOU THROUGH IT.



LET'S TAKE CARE OF YOUR BODY AND BRAIN TOGETHER. ♥

WE CAN USE THE FEELING CREW TO HELP US GET BACK TO CALM.



LUMPCLOUD
BREATHE SLOW AND SQUEEZE.



PANIKIT
NAME IT. YOU CAN TAME IT.



FIZZLET
SHAKE IT OUT. USE YOUR ENERGY.



REPLAYMOTH
REMIND YOURSELF: IT'S JUST A THOUGHT.



CRUMBLIN
PUSH OR CRUNCH SOMETHING STRONG.



SORRYSprite
BE KIND TO YOURSELF. YOU MATTER.

♥ BIG FEELINGS DON'T LAST FOREVER. SMALL STEPS HELP ME COME BACK. 😊

WHAT HELPS WHEN THE PLAN CHANGES?

I CAN HELP BY CHANGING HOW WE DO OUR MORNING.
LET'S MAKE IT EASIER TOGETHER!



DIFFERENT IS OKAY. MY BRAIN MAY NEED EXTRA SUPPORT WHEN THE PLAN CHANGES. HERE ARE THINGS MUM CAN DO TO HELP ME FEEL SAFE AND READY. ❤️

1 TELL ME THE NEW PLAN

I'LL TELL YOU WHAT'S CHANGED AND WHAT WE'LL DO INSTEAD.

NEW PLAN:
• WAKE UP
• BREAKFAST
• GET DRESSED
• LEAVE ON TIME



2 SHOW ME A VISUAL SCHEDULE

MY MORNING PLAN		
	WAKE UP	✓
	BREAKFAST	✓
	GET DRESSED	✓
	PACK BAG	✓
	LEAVE ON TIME	✓

I CAN SEE WHAT COMES NEXT!



3 LET ME DO ONE STEP AT A TIME

WE'LL FOCUS ON ONE THING FIRST.



4 OFFER CHOICES

WOULD YOU LIKE YOUR BLUE SHIRT OR GREEN SHIRT?



5 KEEP A COMFORT ITEM NEARBY

HAVE YOUR COMFORT ITEM WITH YOU!



6 SLOW DOWN

WE CAN TAKE OUR TIME.



7 USE A CALM VOICE

A CALM VOICE HELPS MY BRAIN STAY CALM.



8 ALLOW EXTRA TIME

EXTRA TIME TAKES AWAY THE RUSH.



9 CELEBRATE OUR EFFORTS

WE DID IT TOGETHER!



★ WHEN MUM USES THESE SUPPORTS, I CAN HANDLE CHANGE BETTER! I AM LEARNING, GROWING, AND GETTING STRONGER. ❤️

★ THE FEELING CREW IS ALWAYS HERE! ❤️



LUMPCLOUD
THE HEAVY, SLEEPY FEELINGS.



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THE KINDNESS CUDDLER.

★ CHANGE CAN BE HARD, BUT I DON'T HAVE TO DO IT ALONE. I HAVE SUPPORT. I HAVE A PLAN. I CAN DO THIS! ★ 😊

WE CAN MAKE A NEW PLAN TOGETHER!



I'M SO PROUD OF YOU! YOU TRIED, AND THAT'S HUGE!

OUR MINI ROUTINE:

- 1. WAKE & STRETCH
 - 2. GET DRESSED
 - 3. BREAKFAST
 - 4. FEELINGS CHECK-IN
 - 5. PACK & GO
- YOU'VE GOT THIS!



ONE STEP AT A TIME. I CAN DO THIS!



THANKS FOR CHECKING IN! YOU'RE DOING AMAZING.



ALL READY!

I'M SO PROUD OF YOUR BRAVE HEART.



MY FEELINGS NEW IS HERE TO HELP!

I CAN HELP ME FOCUS!

I CAN BRING ENERGY!

I CAN GIVE YOU REST!

I CAN HELP YOU REMEMBER!

I CAN HELP YOU STAY STRONG!

I CAN SHARE KINDNESS!



SEE YOU AFTER SCHOOL, SUPERSTAR!

BYE, MUM! I CAN DO HARD THINGS!

MUM DOING IT DIFFERENTLY DOESN'T MEAN WRONG—IT JUST MEANS WE MIGHT NEED A NEW PLAN.

DIFFERENT CAN STILL BE SAFE.


SMALL STEPS HELP BIG FEELINGS.

MUM AND DAD BOTH LOVE ME. WE CAN DO THIS TOGETHER.

YOU ARE BRAVE. YOU ARE LOVED. YOU ARE ENOUGH. KEEP TRYING. WE'RE ALL PROUD OF YOU!



GETTING DRESSED CAN FEEL BIG!

GETTING READY FOR SCHOOL CAN FEEL REALLY BIG, BUDDY. AND THAT'S TOTALLY OKAY. 

BE  KIND TO YOUR MIND 

FROM THE OUTSIDE, GETTING DRESSED LOOKS SIMPLE.

BUT FROM THE INSIDE... IT CAN FEEL LIKE A HUGE DEAL!



MEET THE FEELING CREW!

THEY COME UP INSIDE TO HELP PROTECT YOU. THEY'RE NOT BAD. THEY'RE JUST TRYING TO HELP.



LUMPCLOUD

BRINGS HEAVY FEELINGS. HE SAYS: "THIS IS HARD. I'M TIRED."



PANIKIT

WORRIES ABOUT WHAT COULD GO WRONG. "WHAT IF I DON'T LIKE IT?"



FIZZLET

MAKES THOUGHTS GO SUPER FAST. "SO MANY CHOICES! I CAN'T DECIDE!"





REPLAYMOTH

REPLAYS PAST EXPERIENCES. "LAST TIME FELT BAD. I DON'T WANT THAT AGAIN."

TOGETHER, THEY CAN MAKE GETTING READY FEEL REALLY OVERWHELMING!

OVERWHELMED!

WE'LL GO SLOW, ONE SMALL STEP AT A TIME. 

YOU'RE NOT ALONE. I'VE GOT YOU. 

GETTING DRESSED IS PRACTICE. COURAGE GROWS ONE STEP AT A TIME.

SOMETIMES GETTING DRESSED

TOO MUCH!

SO MANY SENSATIONS.

EVEN LITTLE THINGS CAN ADD UP.

GETTING READY FOR SCHOOL CAN FEEL LIKE TOO MANY SENSATIONS AT ONCE — AND THAT CAN BE OVERWHELMING!

LET'S LOOK AT WHAT CAN FEEL LIKE TOO MUCH.

LET'S LOOK AT SOME SENSATIONS THAT CAN FEEL OVERWHELMING:

ITCHY LABELS

THE LABEL ITCHES AND BUGS ME!

SOCK SEAMS

THE SEAM IN MY SOCKS FEELS WEIRD!

WRONG TEXTURES

THIS SHIRT FEELS ALL WRONG!

SHOES TOO TIGHT

MY SHOES FEEL TOO TIGHT!

HAIR BRUSHING

BRUSHING LIKE FEELS TOO MUCH!

COLD MORNINGS

IT'S SO COLD! IT HITS ME RIGHT AWAY!

RUSHING

HOORAY! TOO FAST!

TOO MANY STEPS

SHIRT... SOCKS... SHOES... HAIR... BAG... LUNCH... COAT... WATER... MASK... KEYS... GO!

THAT'S A LOT AT ONCE!

MEET THE FEELING CREW! THEY SHOW UP WHEN IT'S TOO MUCH.

LUMPCLOUD

MAKES EVERYTHING FEEL HEAVY.

PANIKIT

MAKES MY BODY WANT TO ESCAPE!

FIZZLET

BUZZES AND OVERLOADS ME!

REPLAYMOTH

PLAYS WORRY THOUGHTS OVER AND OVER.

THEY'RE NOT BAD. THEY'RE JUST TRYING TO HELP ME SAY: TOO MUCH!

- TOO MUCH SENSATIONS CAN STACK UP...
- ★ TEXTURES
 - ★ TEMPERATURE
 - ★ SOUNDS
 - ★ ROUTINE
 - ★ RUSHING
 - + MORE!

IT CAN FEEL TOO MUCH!

IT'S OKAY TO FEEL OVERWHELMED.

YOU AREN'T TOO MUCH.

YOUR SENSATIONS ARE REAL.

SOMETIMES... THE WORDS GET STUCK

WHEN GETTING DRESSED FOR SCHOOL FEELS TOO HARD.

I WANT TO EXPLAIN THAT THE CLOTHES FEEL WRONG... OR THAT MY BODY FEELS OVERWHELMED... BUT THE WORDS WON'T COME.



SOMETIMES, IT'S NOT ABOUT THE CLOTHES.

ON THE INSIDE, IT CAN FEEL LIKE THIS:



PANIKIT

WORRIED QUESTIONS

WHAT IF I PICK THE WRONG THING? WHAT IF THEY LAUGH?



REPLAYMOTH

REMEMBERING THE PAST

I REMEMBER BAD MORNINGS. THEY PLAY IN MY HEAD.



FIZZLET

TOO MANY THOUGHTS ALL AT ONCE

TOO MANY CHOICES! TOO MANY RULES! TOO MANY THOUGHTS!



LUMPCLOUD

HEAVY, TIRED, OVERWHELMED

MY BODY FEELS HEAVY. I JUST WANT TO HIDE.

THE SILENCE



TURNING AWAY



PUSHING IT AWAY



COVERING MY EARS



CURLING UP



FREEZING



♡ THIS IS NOT NAUGHTY. THIS IS OVERWHELM. ♡

I SEE YOU. I KNOW IT'S HARD. YOUR BODY IS DOING ITS BEST TO KEEP YOU SAFE.



YOU DON'T HAVE TO USE BIG WORDS. I'M HERE WITH YOU.



WHAT CAN HELP?

- ♡ WE CAN TAKE OUR TIME.
- ♡ YOU CAN SHOW ME IN YOUR WAY.
- ♡ IT'S OKAY TO TRY AGAIN LATER.
- ♡ I WILL HELP YOU CHOOSE.



TOGETHER, WE CAN FIND WHAT FEELS RIGHT.



★ YOUR FEELINGS ARE REAL. YOU ARE SAFE. YOU ARE LOVED. ★ ★

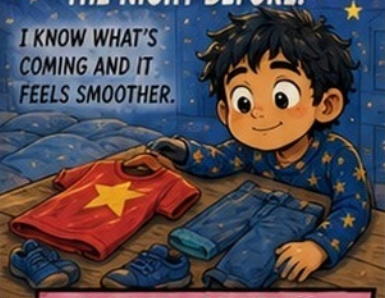
WHAT HELPS ME FEEL SAFER GETTING DRESSED & READY FOR SCHOOL!



HERE ARE WAYS WE CAN MAKE IT EASIER:

1 LAY OUT CLOTHES THE NIGHT BEFORE.

I KNOW WHAT'S COMING AND IT FEELS SMOOTHER.



PLANNED = CALMER. ♥

2 CHOOSE BETWEEN TWO TOPS.

I GET A CHOICE. I STAY IN CONTROL.



MY BODY, MY CHOICE. ♥

3 SOFT CLOTHES OR NO LABELS.

SCRATCHY THINGS CAN BE REALLY UNCOMFY.



SOFT. ♥

4 TRY SOCKS INSIDE OUT.

SEAMS CAN BOTHER ME. I CAN FLIP THEM!



LITTLE CHANGES HELP. ♥

5 ONE STEP AT A TIME.

I DON'T HAVE TO DO IT ALL AT ONCE.



SMALL STEPS COUNT. ♥

6 USE A VISUAL CHECKLIST.

I CAN SEE WHAT COMES NEXT AND CHECK OFF!



SEE IT. DO IT. ACE IT. ♥

7 KEEP YOUR FAVORITE COMFORT ITEM NEARBY.

HAVING MY COMFORT ITEM HELPS ME FEEL BRAVE.



COMFORT = COURAGE. ♥

8 TAKE A CALM CORNER BREAK.

I CAN PAUSE, BREATHE AND RESET.



PAUSE. BREATHE. RESET. ♥

9 HEADPHONES HELP.

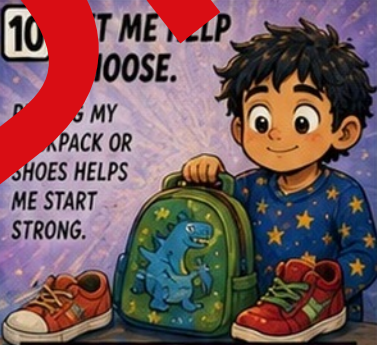
LOUD SOUNDS CAN BE A LOT. HEADPHONES CAN HELP.



I CAN PROTECT MY PEACE. ♥

10 LET ME HELP CHOOSE.

LETTING ME CHOOSE MY BACKPACK OR SHOES HELPS ME START STRONG.



I HELP. I'M IN CHARGE. ♥

11 A HUG OR GENTLE PRESSURE IF I LIKE IT.

DEEP PRESSURE CAN HELP ME FEEL CALM AND SAFE.



MY BODY, MY YES. ♥

12 PRAISE FOR TRYING!

YOU NOTICED. YOU TRIED. YOU DID IT! THAT'S AMAZING.



EFFORT = CELEBRATED! ♥

MEET THE CALM & SUPPORT CREW!

LUMPCLOUD I HELP YOU BREATHE AND TAKE BREAKS.	PANIKIT I REMIND YOU THAT IT'S OKAY TO FEEL.	FIZZLEF I CELEBRATE YOUR TINY WINS!	REPLAYMOTH I HELP YOU NOTICE WHAT HELPS.	BUDDY I'M HERE FOR SNUGGLES & SUPPORT!

MY BODY, MY PACE. I CAN ASK FOR HELP. I AM ENOUGH. I AM BRAVE. ♥

CELEBRATE PROGRESS!

SMALL STEPS STILL COUNT!

GETTING DRESSED IS A BIG ADVENTURE!
IT TAKES BRAVERY, PATIENCE
AND SMALL STEPS.
EVERY STEP COUNTS. ❤️



LOOK HOW FAR
YOU'VE COME!

I DIDN'T THINK
I COULD... BUT
I TRIED.

AND THAT'S
AMAZING!
❤️

SOME WINS LOOK LIKE...

1. TOUCHING IT!

2. ONE SOCK!

3. CHOOSING A TOP!

4. GETTING HELP!

5. PUTTING IT ON!

6. OUT THE DOOR!



LUMPCLOUD
New things
feel scary. ❤️



PANIKIT
Big step!
I can do it. ❤️



FIZZLET
Choosing
is trying! ❤️



PLAYMOT
I need help to
put on my shoes. ❤️



BUZZJAM
Almost
there! ❤️



YOU DID IT!
One step at
a time. ❤️

★ ITS NOT ABOUT BEING PERFECT OR FAST. ITS ABOUT TRYING! ❤️



WE NOTICE
THE EFFORT!



THANK YOU FOR
KEEPING
TRYING!



I FEEL
PROUD OF
MYSELF!

❤️ THE FEELING CREW IS SO PROUD OF YOU! ❤️

BRAVE HEART. BRAVE MIND. BRAVE YOU! ❤️

SOME DAYS ARE EASY.
SOME DAYS ARE HARD.
BOTH ARE OKAY.

YOU ARE GROWING.
YOU ARE LEARNING.
YOU ARE ENOUGH. ❤️

EVERY STEP COUNTS!

❤️



TOGETHER,
WE KEEP
TRYING.

ONE STEP
AT A TIME.

★ YOU ARE BRAVE. YOU ARE TRYING. YOU ARE AMAZING. ❤️

BRUSHING TEETH CAN FEEL BIG!

FROM THE OUTSIDE, BRUSHING TEETH LOOKS SIMPLE.

BUT FROM THE INSIDE... IT CAN ALREADY FEEL LIKE A LOT.



DO I REALLY HAVE TO BRUSH MY TEETH NOW?

I KNOW IT CAN FEEL BIG, BUDDY.

I'LL HELP YOU GET THROUGH IT.

I'M HERE, TOO!

MEET THE FEELING CREW!

THEY'RE NOT JUST HERE TO HELP EXPLAIN HOW WE FEEL.



LUMPCLOUD

FEELS HEAVY AND TIRED. EVERYTHING TAKES MORE ENERGY.



PANINI

CAUSES PROBLEMS EVERYWHERE. WHAT IF SOMETHING GOES WRONG?



FIZZLET

JUMPS FROM THOUGHT TO THOUGHT. CAN'T STAY STILL FOR LONG.



REPLAYMOTH

KEEPS REPLAYING MEMORIES--EVEN THE ONES THAT ARE DONE.



WHEN I HAVE TO BRUSH MY TEETH, MY FEELING CREW SHOWS UP FAST.

TOGETHER, IT CAN FEEL OVERWHELMING!



SO HOW DO I HANDLE SOMETHING THAT FEELS SO BIG?



WE TAKE IT ONE SMALL STEP AT A TIME.

WE'LL FIGURE IT OUT TOGETHER. ❤️

BIG FEELINGS ARE REAL. SMALL STEPS ARE POWERFUL.

SOMETIMES, BRUSHING FEELS

TOO MUCH!

SO MANY SENSATIONS.

EVEN SMALL THINGS CAN ADD UP.

THE LIGHT IS TOO BRIGHT!

FIZZLET BRIGHTNESS OVERLOAD!



THE MINT TASTES WAY TOO STRONG!



PANIKIT TASTE ATTACK!

BRRRRSHHHH!




REPLAYMOTH SOUND SENSITIVITY!

MUCH!



LUMPCLOUD TEXTURE TROUBLE!

AND THERE ARE SO MANY STEPS!



1 WET BRUSH

2 ADD PASTE

3 BRUSH ALL SIDES

4 SPIT

5 RINSE MOUTH

6 RINSE TOOTHBRUSH

7 WIPE & PUT AWAY

THAT'S A LOT!

IT ALL STACKS UP... UNTIL IT FEELS LIKE TOO MUCH!



OVERLOADED!

IT'S OKAY TO TAKE A PAUSE. ONE STEP AT A TIME IS ENOUGH.



YOU'RE DOING A GREAT JOB!

REMEMBER: SENSATIONS ARE REAL. And it's okay if they feel BIG sometimes.

SOMETIMES... THE WORDS WON'T COME OUT

I'LL JUST STAY CLOSE.

COME ON, BUDDY! LET'S BRUSH.

WHY AREN'T YOU ANSWERING?

SOMETIMES, EVEN WHEN YOU WANT TO ANSWER... THE WORDS JUST GET STUCK.

INSIDE, IT CAN FEEL LIKE THIS:

TOO MUCH! TOO FAST!

LUMPCLOUD

WHAT IF I SAY IT WRONG? WHAT IF THEY'RE MAD?

PAW

MY BRAIN IS FUZZING! I CAN'T FIND THE WORDS!

FIZZLET

LET'S REWIND. I NEED MORE TIME. PAUSE.

REPLAYMOTH

...JUST BEING FULLY... OR BE IGNORED BY ME?

WAIT... THIS ISN'T ABOUT LISTENING. THIS IS OVERWHELM. YOU'RE NOT REFUSING. YOU'RE STUCK. I GET IT.

YOU DON'T HAVE TO TALK RIGHT NOW. WE CAN TRY SMALL, TOGETHER.

WHAT HELPS:

- SLOW DOWN
- GIVE SPACE
- NO PRESSURE
- WAIT KINDLY
- TRY TOGETHER

TEAM HIGH FIVE FOR BRAVE DAYS!

IT CAN LOOK LIKE REFUSING. BUT REALLY, IT'S **OVERWHELM**.

UNDERSTANDING OPENS THE DOOR. **KINDNESS** HELPS THE WORDS RETURN.

WHAT HELPS ME FEEL SAFER

Small steps. Kind words. Big difference.

I'VE GOT YOU.

WE'LL GO SLOW.

HERE'S WHAT HELPS:

1 WE SLOW DOWN.

No rush. Your body gets to set the pace.

WE CAN TAKE OUR TIME.

2 ONE STEP AT A TIME.

We focus on just one thing. You can do it!

FIRST, OPEN WIDE.

3 SMALLER TOOLS, SMALLER AMOUNT.

A little brush. A tiny amount. You can be a hero!

SMALL BRUSH. TINY DOT. BIG WIN!

TEA-SIZE TOOTHPASTE

4 BREAKS ARE BUILT IN.

We pause when you need to. You're in control.

BREAK TIME?

PAUSE. BREATHE. RESET.

5 SAFE WORD SIGNAL.

You can stop anytime. I'll be right there. I've got you.

6 COMFORT THINGS HELP.

Bring what makes you feel safe. I support you.

BUDDY. BLANKET. BRAVERY!

MEET THE CALM CREW!

LUMPCLOUD
Comfort Companion
I help you breathe and feel cozy. It's okay.

PANIKIT
Tiny Questions Helper
I ask small questions so you always know what's next.

FIZZLET
Bravery Booster
I celebrate tiny wins and remind you you're amazing!

REPLAYMOTH
Memory Mixer
I help good experiences grow and worries shrink.

TOGETHER, WE MAKE BRUSH TIME MORE DOABLE.

BRUSH HERO STEPS

- 1 OPEN WIDE
- 2 SMALL BRUSH
- 3 TINY DOT
- 4 GENTLE CIRCLES
- 5 SPIT + SMILE!

I CAN HANDLE BRUSH TIME. I AM SAFE. I AM STRONG. I'VE GOT THIS!

SAFETY GROWS WITH PRACTICE, PATIENCE AND LOVE. ONE BRUSH AT A TIME.

SMALL STEPS STILL COUNT!

YESTERDAY WAS HARD.
❤️
TODAY IS A NEW CHANCE.

TINY PROGRESS IS REAL PROGRESS.

HARD MORNINGS DON'T MEAN YOU'RE NAUGHTY OR LAZY.
THEY MEAN YOUR BRAIN AND BODY FEEL **OVERWHELMED**.
YOU ARE NOT ALONE.
AND YOU ARE DOING YOUR BEST.
❤️



LET'S TRY AGAIN-- TOGETHER.
❤️



ONE STEP AT A TIME!
❤️
KINDNESS HELPS.
PATIENCE HEALS.
SUPPORT WORKS.

1. TRY

I CAN DO THIS!
❤️

EVEN IF IT'S MESSY...

FIZZLET ENCOURAGES.
❤️

2. PRACTICE

I'M TRYING
❤️

EVEN IF IT TAKES TIME...

LUMPCLOUD ASSURES.
❤️

PANIKIT CALMS.
❤️

PROUD!

I DID IT! LOOK AT ME GO!
★

EVERY TRY COUNTS!

REPLAYMOTH CELEBRATES.
❤️

BUZZJAW CHEERS.
❤️

YOU'RE STRONGER THAN YOU THINK.
❤️

THANKS FOR HELPING ME BELIEVE!
❤️

YOU MATTER. YOU'RE ENOUGH. YOU'RE LOVED.
NO MATTER WHAT MORNING LOOKS LIKE.

KEEP GOING!

SMALL STEPS TODAY, BIG BRIGHT TOMORROWS.
YOU'VE GOT THIS! ❤️

GETTING IN THE CAR CAN FEEL BIG!

I HAVE TO LEAVE HOME... GET IN THE CAR... GO TO SCHOOL... IT FEELS LIKE A LOT.

I KNOW IT CAN FEEL BIG, BUDDY. BUT YOU DON'T HAVE TO DO IT ALONE.

FROM THE OUTSIDE, GETTING IN THE CAR LOOKS SIMPLE...

BUT FROM THE INSIDE... IT CAN FEEL LIKE A HUGE DEAL!

MEET THE FEELING CREW! SHOW UP INSIDE TO HELP YOU THROUGH BIG MOMENTS!

LUMPCLOUD
BRINGS HEAVY FEELINGS. HE SAYS: "THIS IS HARD."

FUZZKIT
THINKS ABOUT WHAT COULD GO WRONG. "WHAT IF...?"

FIZZLET
MAKES THOUGHTS GO SUPER FAST. "SO MANY CHOICES! I CAN'T DECIDE!"

REPLAYMOTH
REPLAYS PAST EXPERIENCES. "LAST TIME FELT HARD. WHAT IF AGAIN?"

SPARKIT
BRINGS COURAGE AND SUPPORT. "I BELIEVE IN YOU!"

LET'S TAKE IT ONE STEP AT A TIME.

1. GET READY

2. HEAD TO THE DOOR

3. WALK TO THE CAR

4. GET IN THE CAR

IT'S OKAY TO FEEL BIG FEELINGS!

WE'LL GO SLOW, ONE SMALL STEP AT A TIME—TOGETHER!

YOU'RE DOING AMAZING!

SOMETIMES,
THE CAR CAN
FEEL LIKE
TOO MUCH!

GETTING IN
THE CAR TO GO
TO SCHOOL CAN
FEEL OVERWHELMING.
IT'S NOT BEING
NAUGHTY...

IT'S
OVERWHELM!



THE SEATBELT
FEELS TOO TIGHT.



THE SEAT FEELS
TOO COLD.



THE ENGINE
IS SO LOUD.



THE RADIO IS
TOO MUCH.



THE SMELLS IN
THE CAR ARE STRONG.



EVERYTHING FEELS
RUSHED.



SAYING GOODBYE
IS HARD.



ROUTINE CHANGES
ARE HARD.



TRAFFIC TAKES
FOREVER.



LEAVING MY HOME
IS SCARY.



ALL OF THIS
BUILDS UP...



...AND EVERYTHING
FEELS LIKE TOO MUCH!



MEET THE FEELING CREW!

THEY SHOW UP BECAUSE THEY'RE TRYING TO HELP.
THEY'RE NOT BAD. THEY'RE JUST DOING THEIR JOB.

LUMPCLOUD
BRINGS HEAVY FEELINGS.
HE SAYS: "THIS IS A LOT.
I NEED A BREAK."

PANIKIT
WORRIES ABOUT WHAT
COULD GO WRONG.
"WHAT IF SOMETHING
BAD HAPPENS?"

FIZZLET
MAKES THOUGHTS
GO SUPER FAST.
"TOO MANY THINGS!
I CAN'T FOCUS!"

REPLAYMOTH
REPLAYS PAST
EXPERIENCES.
"LAST TIME WAS HARD.
I REMEMBER."



THIS IS OVERWHELM, NOT NAUGHTY.
I'M DOING MY BEST, EVEN WHEN IT FEELS LIKE TOO MUCH.

SOMETIMES THE WORDS GET STUCK

I WANT TO TELL DAD THAT GETTING IN THE CAR FEELS HARD...

BUT SOMETIMES, THE WORDS JUST WON'T COME OUT.



MY BODY SHOWS BEFORE I CAN SAY IT. ❤️



DAD HELPS ME FEEL SAFE SO I CAN TRY. ★



WHEN THE WORDS GET STUCK, LOVE AND PATIENCE HELP THEM UNSTICK. ★ ★ ★

WHAT HELPS ME FEEL SAFER IN THE CAR!

WE CAN MAKE CAR TIME EASIER WITH SMALL CHOICES, CALM TOOLS, AND A PLAN THAT WORKS FOR ME!

DAD AND I WORK TOGETHER TO MAKE THE DRIVE SMOOTHER.



1. CHOOSE YOUR SIDE



2. COUNTDOWN TO GO



3. CARRY A COMFORT ITEM



4. USE HEADPHONES



5. QUIET CAR TIME



6. FAVOURITE SONG (IF WANTED)



7. SAY A GOODBYE ROUTINE



8. ONE STEP AT A TIME



9. OPEN THE WINDOW



10. CHOOSE A SEAT



11. USE A VISUAL CHECKLIST



12. TAKE DEEP BREATHS



PRAISE FOR TRYING!



YOU ARE DOING HARD THINGS, AND THAT IS AMAZING!

TOGETHER, WE CAN MAKE CAR TIME SAFER AND EASIER!

ONE RIDE AT A TIME.

8DHD ★ I AM BRAVE. I AM NOT ALONE. I CAN DO HARD THINGS! ★

**YOU DID IT—
ONE BRAVE
STEP AT A TIME!**

CELEBRATE PROGRESS!

EVERY SMALL STEP COUNTS.
THAT'S HOW BIG BRAVERY
GROWS!

YOU WERE
SO BRAVE TODAY.
I'M SO PROUD
OF YOU! ❤️

TODAY, YOU TOOK YOUR BRAVE STEPS...

1 I WALKED TO THE CAR!

2 I TOUCHED THE HANDLE!

3 I SAT IN THE SEAT!

4 I FASTENED MY BELT WITH HELP!

5 I TOOK A BREATH. I TRIED AGAIN.

6 I USED MY SUPPORT TOOL!

	WALK
	TOUCH
	SIT
	BELT
	BREATHE
	TRY AGAIN

SOME DAYS ARE HARD. THAT'S OKAY. WHAT MATTERS IS YOU KEEP TRYING. WE'RE PROUD OF YOU—ALWAYS. ❤️

**EVERY STEP YOU TAKE IS A WIN!
YOU'RE DOING AMAZING!**

TOMORROW IS A NEW DAY. YOU'VE GOT THIS!

BRAVE. STRONG. CAPABLE. THAT'S YOU!

SEE YOU NEXT ADVENTURE! ❤️







DRAFT