

# SCHOOL DAY BIG MOMENTS

WHEN SCHOOL FEELS LOUD, FULL OF DIFFERENT



SAMPLE  
SAMPLE  
SAMPLE

# GOING INTO THE PLAYGROUND CAN FEEL BIG!



What if it's too loud? What if I don't know what to do?

EASTER EGG! CAN YOU SPOT THE 8DHD STICKER?

I've got this. I'll be right here when you're done.

WELCOME TO SCHOOL!

You belong here!

BE KIND BE YOU BELONG!

FROM THE OUTSIDE, WALKING INTO SCHOOL MIGHT LOOK SMALL... BUT INSIDE, IT CAN FEEL LIKE A VERY **BIG** MOMENT.

## MEET YOUR FEELING CREW!

THEY'RE HERE TO HELP YOU THROUGH EVERY STEP OF THE WAY.

**LUMPCLOUD**

NOTICES WHEN THINGS FEEL OVERWHELMING OR TOO MUCH.

**PANIKIT**

NOTICES WHEN THINGS FEEL OVERWHELMING OR TOO MUCH.

**FIZZLET**

LOVES IDEAS AND EXCITEMENT! HELPS YOU NOTICE THE GOOD STUFF.

**REPLAYMOTH**

HOLDS MEMORIES AND HELPS YOU LEARN FROM PAST EXPERIENCES.

**SPARKIT**

CHEERS YOU ON! REMEMBERS YOUR STRENGTHS AND BRAVE STEPS.

THE FEELING CREW WORKS TOGETHER TO HELP YOU THROUGH BIG MOMENTS. ❤️

TINY STEPS CAN LEAD TO BIG WINS!

**1 ARRIVE**  
You made it!

**2 PAUSE**  
Take a moment.

**3 BREATHE**  
In... and out...

**4 WALK TO THE GATE**  
One small step at a time.

YOU DON'T HAVE TO FEEL BRAVE ALL DAY. YOU JUST HAVE TO TAKE THE NEXT STEP. YOU ARE NOT ALONE. ❤️

# SOMETIMES, THE PLAYGROUND CAN FEEL TOO MUCH!



SCHOOL STARTS.  
NEW DAY. NEW  
ADVENTURES.  
BUT SOMETIMES...  
IT'S A LOT.

YOU'VE  
GOT THIS,  
BUDDY!

I'LL TRY.  
BYE, DAD.

TOO MANY CHILDREN.

TOO MUCH NOISE.

MEET THE  
FEELING CREW!

**LUMPCLOUD**  
I feel heavy,  
foggy and  
can't think  
straight.

**PANKIT**  
I feel scared,  
my body  
gets tight  
and jumpy.

**FIZZLET**  
I feel worried,  
nervous and  
my tummy  
does flips.

**REPLAYMOTH**  
I worry about  
what happened,  
what's next,  
and what  
might change.

**SPARKIT**  
I need things  
to be fair,  
clear and  
just right.

SHOUTING.

HEY! GET OUT  
OF THE WAY!

BALLS BOUNCING.

PEOPLE RUSHING.

BAGS BRUSHING PAST.

SAYING GOODBYE.

WAITING IN LINE.

I DON'T KNOW WHAT  
WILL HAPPEN NEXT.

...GES.

TODAY  
I'M IN THE HALL  
(NOT THE  
PLAYGROUND)

?!

ALL THE FEELINGS  
CRASH TOGETHER...

MY BRAIN SHOUTS:

TOO LOUD!  
TOO BUSY!  
TOO FAST!  
TOO MUCH!  
I NEED OUT!

IT'S  
NOT BAD  
BEHAVIOUR.  
IT'S  
OVERWHELM.

**THIS IS OVERWHELM,  
NOT NAUGHTY.  
I'M DOING MY BEST.**

I CAN ASK  
FOR HELP.

THINGS THAT HELP:

- DEEP BREATHS
- QUIET SPOT
- A FRIEND
- A PLAN
- TIME



SAYING BYE CAN FEEL HARD.



INSIDE THEIR HEAD...



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

# WHAT HELPS ME FEEL SAFER AT THE GATE?

Tools to start the day with confidence. ❤️



YOUR FEELING CREW IS HERE TO HELP!

### TODAY'S PLAN:

- We prepare.
- We practice.
- We try.
- We celebrate small wins!

Every small step is brave. ❤️



### 1 CHOOSE: HUG OR WAVE

YOU CHOOSE WHAT FEELS RIGHT. ❤️



### 2 COUNT DOWN TO GO

A COUNTDOWN HELPS MY BRAIN GET READY.



### 3 BRING A COMFORT ITEM

SOMETHING SMALL CAN HELP ME FEEL BIG. ❤️



### 4 USE HEADPHONES (IF IT HELPS)

I CAN CALM MY NOSE AND FEEL CALMER. ❤️



### 5 STAND AT THE GATE FIRST

I CAN CALM MY NOSE, BREATHE, AND TAKE MY TIME. ❤️



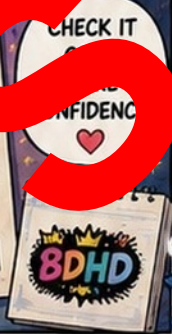
### 6 MEET A TRUSTED TEACHER AT THE GATE

A FRIENDLY FACE MAKES A BIG DIFFERENCE. ❤️



### 7 USE A CHECKLIST

- UNPACK BAG
- WATER BOTTLE
- SAY HELLO
- FIND MY SPOT
- I'M READY!



### 8 TAKE DEEP BREATHS

3! BREATHE IN CALM. BREATHE OUT WORRY. ❤️



### 9 ONE SMALL STEP AT A TIME.

I CAN DO HARD THINGS!

I DON'T HAVE TO DO EVERYTHING ALL AT ONCE. ❤️



### 10 CELEBRATE TRYING!

YOU TRIED! I'M SO PROUD OF YOU! ❤️

PROGRESS, NOT PERFECTION!

WE BELIEVE IN YOU! ❤️

# YOU ARE DOING HARD THINGS, AND THAT IS AMAZING!

# YOU DID IT— ONE BRAVE STEP AT A TIME! ♥

NEW DAY. NEW START. YOU SHOWED UP. THAT'S AMAZING. ♥

I LOVE YOU. ♥

WE'RE SO PROUD OF YOU! ♥

BYE! ♥

Our School is a Place to Belong!

YOU MATTER HERE ♥

LOOK AT ALL THE WINS TODAY!

✓ I WALKED TO THE GATE.

✓ I SAID BYE.

✓ I TOOK A BREATH.

✓ I TRIED AGAIN.

✓ I USED SUPPORT TO GET ME BACK IN.

✓ I ASKED FOR HELP.

OUR SUPPORTING CREW IS SO PROUD OF YOU!

YOU DID SO WELL!

WELL DONE!

YOU'VE GOT THIS!

KEEP GOING!

WE BELIEVE IN YOU!

KEEP GOING!

YU!

ALL FEEL SAFE AND READY.

I BELONG HERE. I CAN DO HARD THINGS. I AM PROUD OF ME. ♥

KIND SAFE RESPECTFUL TOGETHER

EVERY STEP YOU TAKE IS A WIN! ★

# BRAVE. STRONG. CAPABLE. THAT'S YOU!

YOU ARE LOVED. YOU ARE ENOUGH. YOU ARE YOU— AND THAT'S PERFECT. ♥

THANK YOU, FAMILIES. THANK YOU, SCHOOLS. TOGETHER, WE HELP EVERY KID SHINE. ♥



I COME TO SCHOOL EXPECTING MY USUAL TEACHER.

# WHEN MY TEACHER ISN'T HERE



BUT TODAY, SOMEONE DIFFERENT IS HERE.



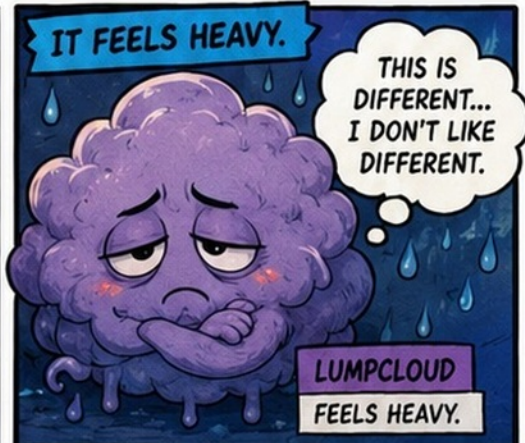
MY TIPS.



PANIKIT WORRIES.



REPLAYMOTH REMEMBERS.



IT FEELS HEAVY.

LUMPCLOUD FEELS HEAVY.

CHANGES CAN FEEL REALLY BIG.



SORRYSRITE KINDNESS.

NIGHTWAKER STAYS CLOSE.

CRUMBLIN STRONG AND STEADY.

FIZZLET FINDING IDEAS CAN HELP.

# OPERATION: EVERYTHING FEELS DIFFERENT

GOOD MORNING, TEAM!  
FIRST: MATH.  
THEN: READ ALOUD.  
THIRD: SNACK.  
LAST: RECESS!

1. MATH
2. READ ALOUD
3. SNACK
4. RECESS

DIFFERENT VOICE.  
DIFFERENT ORDER.  
DIFFERENT DAY.

THE VOICE SOUNDS DIFFERENT.

HMMM... I DON'T KNOW THIS VOICE.

THE RULES SOUND DIFFERENT.

NEW RULES  
NEW  
NEW

THE ROUTINE FEELS DIFFERENT.

NOT THE ORDER I KNOW.

LUMPCLOUD

MY BODY FEELS HEAVY.

WHAT IF I GET IT WRONG?

GRUMBLIN

THIS IS TOO MUCH. I CAN'T DO ALL OF IT.

FIZZLET

GET RIGHT

NEW TEACHER

DIFFERENT ORDER

THE CLASSROOM FEELS UNFAMILIAR.

NEW WALLS.  
NEW PLACES.  
NEW FACES.

THE NEW TEACHER DOES NOT KNOW WHAT HELPS ME YET.

I HAVEN'T HAD A CHANCE TO SHOW HER. I WISH SHE KNEW.

WHEN I GO QUIET, IT CAN MEAN I FEEL OVERWHELMED.

DIFFERENT IS HARD. BUT I CAN HANDLE HARD THINGS!



LUMPCLOUD

PANIKIT

FIZZLET

NIGHTWAKER

REPLAYMOTH

BUZZJAW

GRUMBLIN

SORRYSRITE

NEW DAYS TAKE TIME. I WILL FIND MY WAY.

**3 I AM NOT BEING DIFFICULT.**  
My brain and body just need help.

NEW TEACHER. NEW PLAN. NEW PLACE. MY BRAIN IS LOUD ALREADY.

LUMPCLOUD OVERWHELMED.

PANIKIT WORRIES ABOUT MESSING UP.

So...what did you do last night? And what's your favourite food? And... why are you so quiet?

FIZZLET CURIOUS, BUT A BIT FAST.

I MIGHT LOOK QUIET.

I MIGHT LOOK QUIET.

I MIGHT NOT FIND MY WORDS.

THIS DOES NOT MEAN I AM NAUGHTY.

RAYMOTH MEMBERS USE SIMPLE WORDS.

FIRST, WE LOOK AT THE PLAN.

THEN, WE TAKE A DEEP BREATH.

THEN, WE TRY ONE THING AT A TIME. THAT HELPS.

AND I GET REST LATER. THAT HELPS TOO.

A SAFE ADULT NOTICES.

SEE IT. NAME IT. HELP WITH IT. TOGETHER.

Hey, but I can see this is a lot. I'm your TA. I'm here to help.

PANIKIT OVERTHINKING EVERYTHING.

CRUMBLIN EXPECTS THINGS TO GO WRONG.

I DO BETTER WHEN GROWN-UPS SLOW DOWN... USE SIMPLE WORDS... AND SHOW ME THE PLAN.

SLOW DOWN

SIMPLE WORDS

SHOW THE PLAN

=

I FEEL SAFE. I CAN TRY. I CAN GROW.

I AM NOT BEING DIFFICULT. I AM DOING MY BEST.

# WHAT HELPS ME TODAY

When my usual teacher is away.

MY PLAN FOR A GOOD DAY!

Knowing what happens next helps me feel safe.

Support helps my body settle.



## 1. TELL ME THE PLAN.

Knowing the plan helps!

- TODAY'S PLAN
- ARRIVAL
  - MATH
  - READING
  - PLAY
  - LUNCH
  - ART
  - HOMEWORK

FIZZLET LOVES

## 2. SHOW ME WHERE TO SIT.

Same spot. Safe

WATER THINGS CALM.

## 3. USE SIMPLE WORDS.

First then

PLAY

PANIKIT GETS SMALLER AND SMALLER.

## 4. GIVE ME TIME.

Okay to take a pause

LUMPCLOUD HELPS MY BODY SLOW DOWN.

## 5. LET ME HAVE QUIET SPACE.

Quiet helps me feel better.

CALM CORNER

8DHD

## 6. LET ME CHECK IN WITH A SAFE ADULT.

How's your engine today?

Getting calmer.

TALKING HELPS MY HEART FEEL LIGHTER.

## 7. REMIND ME WHEN MY USUAL TEACHER WILL BE BACK.

Counting down helps!

Ms. Lee will be back on FRIDAY!

IT'S NOT ABOUT BEING PERFECT. IT'S ABOUT HAVING WHAT I NEED.

I can do hard things with help.



★ DIFFERENT PLAN. SAME TEAM. STRONGER TOGETHER. ♥

# I CAN STILL HAVE AN OKAY DAY.

I can get through hard days, even when school feels different. ❤️

Different does not always mean bad. ❤️

You handled a lot today. I see you. ❤️

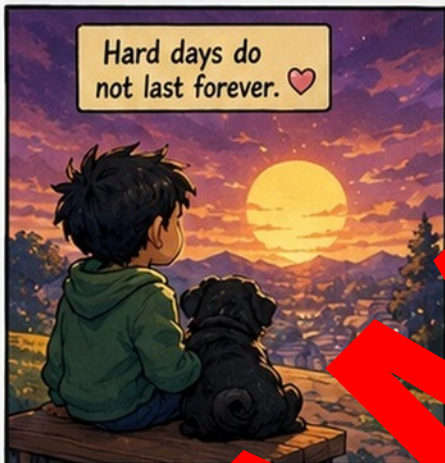
It was hard... but I did it. ❤️

IT'S OKAY TO TAKE YOUR TIME

BREATHE YOU'VE GOT THIS



Hard days do not last forever. ❤️



I can use tools. ❤️

BREATHE

QUIET

AW

ASK FOR HELP

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# PLAYTIME CAN BE TOO MUCH!

A STORY ABOUT LOUD PLAY, BIG FEELINGS AND CHOOSING WHAT FEELS RIGHT.

IT'S PLAYTIME! TIME TO RUN, JUMP, LAUGH AND HAVE FUN! THAT'S WHAT JOE HOPED FOR ANYWAY.

NORMAL PLAYTIME. HERE I COME.

BUT PLAYTIME LOOKS DIFFERENT FOR EVERYONE...

WOOHOO!

HAHA!

BAM!

WEEEEE!

SOME KIDS LOVE ALL THE NOISE, ACTION AND FUN!

FOR JOE, IT CAN FEEL A...

ANY KID TOO FAST... TOO CLOSE...

LUMPCLOUD FEELS HEAVY...

LOUD... BUSY... SLOW...

REPLAYMOTH REMEMBERS CALMER PLAYTIMES.

I REMEMBER QUIET PLAY... FRIENDS WHO WERE KIND...

WORRIED ABOUT WHAT MIGHT HAPPEN.

PANIKIT

THERE'S NO RIGHT OR WRONG WAY TO FEEL.

PLAYTIME CAN BE...

EXCITING AND FUN FOR SOME.

TOO LOUD AND TOO BUSY FOR OTHERS.

BOTH FEELINGS ARE REAL. BOTH MATTER.



LET'S FIND OUT HOW JOE CAN LOOK AFTER HIMSELF... AND HOW HIS CREW CAN HELP.



# TOO MUCH, TOO FAST!

SOMETIMES, THE WORLD GETS TOO LOUD, TOO BUSY, TOO MUCH.

EVEN GOOD THINGS CAN FEEL LIKE TOO MUCH.



HEY!

BOOM!

TAG!  
YOU'RE IT!

ROUGH PLAY.  
LOUD VOICES.  
BUSY SPACES.  
UNWANTED TOUCH.  
IT CAN ALL PILE UP.

\* MEET THE INNER CREW!



TOO CLOSE!  
TOO CLOSE!  
TOO CLOSE!

PANIKIT HATES UNEXPECTED TOUCH. IT MAKES HIM SCREAM.



(Overdrive)

TOO MANY SOUNDS!  
TOO MANY THINGS!

FIZLET CAN'T KEEP UP WITH EVERYTHING HAPPENING.



BUZZJAW  
(Chaos Critic)

THIS IS TOO MUCH!  
MAKE IT STOP!

BUZZJAW GETS GRUMPY WHEN IT FEELS OUT OF CONTROL!



OOF!

OW! DON'T PUSH ME!



SLAP!

NO! I DON'T LIKE THAT!



WEEE!  
SO LOUD!

TOO LOUD!  
TOO LOUD!



SORRY!

TOO MUCH!  
TOO MUCH!



LUMPCLOUD  
(Comfort Buddy)

I WISH I COULD MAKE IT QUIETER FOR YOU.



I JUST NEED A BREAK.



NOT LIKING TOUCH IS OKAY.

YOU GET TO CHOOSE WHAT FEELS GOOD FOR YOU.

YOUR FEELINGS ARE REAL.  
YOUR BOUNDARIES MATTER.  
YOU ARE NOT TOO MUCH.

BIG FEELINGS. LOUD WORLD. YOU ARE ENOUGH.

# LOUD OUTSIDE. OVERWHELMED INSIDE.

SOMETIMES WHEN EVERYTHING FEELS TOO BIG, IT CAN BE HARD TO STAY IN THE MOMENT.

IT CAN LOOK LIKE THIS...



...BUT INSIDE, IT CAN FEEL LIKE THIS.



YOU MIGHT SEE...



WHEN WORKING WITH SOMEONE WHO PULLS AWAY, IT CAN MEAN THEY NEED A LITTLE SPACE. NOT THAT THEY'RE BEING RUDE.

THEIR BODY IS JUST TRYING TO FEEL SAFE.

A LITTLE SPACE. A KIND HEART. A SAFE PLACE. THAT'S WHAT HELPS MOST.

**WHAT HELPS:**

- ★ CALM, NOT MORE NOISE
- ★ CHOICE, NOT PRESSURE
- ★ PATIENT PAUSES
- ★ KIND REMINDERS
- ★ SAFE PEOPLE

**REMEMBER:**

EVERY LIE-IN LOOKS DIFFERENT. EVERY LIE-IN MATTERS.

**YOU CAN SAY...**

- I'M HERE.
- TAKE YOUR TIME.
- I GET IT.
- YOU'RE OKAY.

# 4 WHAT HELPS: SUPPORT MAKES A BIG DIFFERENCE!

IT'S OKAY TO NEED HELP. WE'RE A TEAM.

HEY BUDDY, LOOKS LIKE THINGS FEEL A BIT TOO MUCH RIGHT NOW. I CAN HELP.

TOO LOUD... TOO MUCH...

✓ 1. NOTICE. I SEE YOU. I'M HERE.

2. HELPERS TO THE RESCUE!

I BRING KINDNESS AND CALM HEARTS.

I KEEP THINGS QUIET AND PREDICTABLE.

NIGHTWAKER

FIZZLET

I HELP BIG FEELINGS FIZZLE AND SETTLE.

3. GIVE SPACE. A LITTLE SPACE HELPS BIG FEELINGS SHRINK.

THIS HELPS.

QUIET AREA WHEN YOU NEED IT.

4. USE SIMPLE WORDS. SHORT. CLEAR. KIND.

WE'RE SAFE. YOU GOT CHOICES. TAKE YOUR TIME.

OKAY.

5. ASK FOR HELP. YOU PICK.

WHAT WOULD HELP RIGHT NOW?

QUIET CORNER	DRAW	REPLAY
GAME ONE FRIEND	SENSORY BOX	HEADPHONES

6. GO TOGETHER OR CHOOSE A CALMER ACTIVITY. ONE SAFE FRIEND IS GREAT.

REPLAYMOTH MEMORY REMIX

7. USE TOOLS THAT HELP. HEADPHONES OR EAR DEFENDERS ARE ALWAYS AN OPTION.

THIS HELPS SO MUCH.

8. SUPPORT HELPS YOU FEEL SAFE. AND SAFE = BETTER PLAYTIME!

THERE ARE MANY WAYS TO HAVE A GOOD PLAYTIME! BE KIND. TAKE TURNS. USE WORDS. ASK FOR HELP. CELEBRATE EACH OTHER!

OUR CALM CREW PLAY PACT

- ✓ BE KIND
- ✓ TAKE TURNS
- ✓ USE WORDS
- ✓ ASK FOR HELP
- ✓ INCLUDE EVERYONE

8DHD?

★ YOU ARE NOT ALONE. WE ALL NEED HELP SOMETIMES. ♥ WITH SUPPORT, YOU CAN SHINE. ★

# MY PLAYTIME. MY WAY.

It's okay to not like rough play. ♡

It's okay to need space. ♡

I can still have a good playtime my way. ♡

I DON'T NEED TO PLAY ROUGH TO HAVE FUN.

QUIET IS COOL. ♡

LUMPCLOUD (Content Cloud)

PANIKIT (Calm Kit)

SORRYSprite (Kindness Keeper)

NOT EVERY GAME NEEDS TO BE LOUD OR FAST.

FIZZLE (Thoughtful Things)

Some playtimes are quiet. It's awesome. ♡

NEED SPACE?

It's okay.

...ing a book n... ♡

GOOD PLAYTIMES COME IN MANY DIFFERENT WAYS.

Friends who understand make all the difference. ♡

I'M SURE I KNOW WHO I AM. I can play my way and shine my way.

AND THAT'S PERFECT.

### MY PLAYTIME TOOLKIT

- ♡ BE KIND TO MYSELF
- ♡ ASK FOR SPACE
- ♡ CHOOSE WHAT FEELS GOOD
- ♡ PLAY MY WAY
- ♡ ENJOY THE LITTLE THINGS

**FOR CHILDREN:**

You don't have to like the same things as everyone else. You are enough, exactly as you are. You belong, and you matter.

**FOR PARENTS & CAREGIVERS:**

Your love is the safest place. Your patience helps us grow. Thank you for seeing our hearts, not just our behaviour.

**FOR TEACHERS & SCHOOL STAFF:**

Your kindness changes days. You help us feel safe to be ourselves. Thank you for building spaces where every child can shine.

♡ TODAY. TOMORROW. ALWAYS—YOU ARE LOVED, YOU ARE CAPABLE, YOU ARE ENOUGH. ♡

THE END (FOR NOW) ♡

# LUNCH FEELS WRONG

NOT EVERY FOOD IS A GOOD DAY.

LUNCHTIME.  
SO MANY SOUNDS.  
SO MANY SMELLS.  
SO MANY CHOICES.

SOMETIMES, IT  
CAN FEEL LIKE...  
TOO MUCH.

CHATTER!

HAHA!

CLATTER!

BE KIND  
YOU MATTER  
EVERY DAY IS A NEW DAY!

TOO HOT?

STEAMY!  
TOO HOT!  
NOPE!

STRONG SMELL?

LOOKS UNFAMILIAR?

WHAT  
EVEN IS  
THAT?!

WHEN FOOD FEELS BIG, BIG FEELINGS SHOW UP.

I DON'T  
WANT THIS!  
I DON'T WANT!

TOO HARD.  
TOO MUCH.  
TOO YUCK.

WHAT IF  
I THROW UP?  
AGAIN?

THIS IS  
THE WORST!  
I HATE IT!

PANIKIT

LUMPCLOUD

REPLAYMOTH

BUZZJAW

NIGHTWAKER

I WANT TO  
EAT... BUT  
MY BODY  
SAYS NO.

I WANT TO  
EAT... BUT  
MY BODY  
SAYS NO.

SORRYSprite

8DHD

IT'S NOT ABOUT BEING NAUGHTY.

MY BODY  
IS TRYING  
TO KEEP ME  
SAFE.

LUNCH CAN FEEL BIG.

SO MANY  
PEOPLE.

LOUD  
SOUNDS.

STRANGE  
SMELLS.

TOUGH  
CHOICES.

I'M DOING MY BEST.

ONE SMALL  
STEP AT  
A TIME.

YOU ARE NOT ALONE. WE'VE ALL HAD A LUNCH LIKE THIS.

# PAGE 2: LUNCH OVERLOAD!

Too much. All at once.

SOMETIMES FOOD CAN FEEL TOO HOT, TOO COLD, TOO MUSHY, TOO LUMPY, TOO WET, TOO DRY, OR JUST WRONG.



HA HA!

CHATTER!

YUM!

SLURP!

AROUND HIM: LOUD SOUNDS, BRIGHT LIGHTS, LOTS OF SMELLS, HARD SEATS, AND SO MANY EXPECTATIONS.

INSIDE HIM: EVERYTHING FEELS TOO BIG.



TOO HOT!

OW! TOO HOT!

PANIKIT SCREAMS LOUD

AHHH! NOOOO TOO MUCH!



TOO COLD!

... IT'S TOO COLD!

LUMPCLOUD MAKES IT HEAVY

SO HEAVY...



WRONG TEXTURE!

YUCK! TOO MUSHY!

BUZZJAW GETS UPSET!

GROWL! SNAP! NOT FAIR!



EW! WEIRD!

REMEMBER THAT SLIMY SOUP? THAT BITTER SAUCE? YUCK!

REPLAYMOTH PLAYS BAD FOOD MEMORIES!



COME ON, LOVE. JUST TRY ONE MORE BITE.

I CAN'T!



YOU NEED TO EAT UP. YOU'LL FEEL BETTER AFTER.

IT'S ALL TOO MUCH...



NO GETTING UP UNTIL YOUR PLATE IS FINISHED.

I FEEL TRAPPED. WORRY IS GETTING BIGGER!



THIS ISN'T REFUSING FOR FUN. THIS IS OVERWHELM.

WHEN GROWN-UPS PUSH HARDER... WORRY CAN GET BIGGER.



# LUNCHTIME LOCKDOWN

Words stuck. Feelings loud.



CHATTER!  
CHATTER!

NOISE!  
NOISE!

COME ON, LOVE.  
YOU HAVE TO  
EAT SOMETHING.

LUNCHTIME CAN BE  
TOO MUCH SOMETIMES.  
SO MUCH NOISE. SO MANY  
EXPECTATIONS.

AND SOMETIMES...  
THE WORDS JUST  
DON'T COME.

STOP BEING  
DIFFICULT.

EAT  
YOUR  
LUNCH

**PANIKIT**  
ALARM MODE!

TOO MUCH!  
TOO FAST!  
TOO LOUD!

MY HEART RACES  
I CAN'T THINK  
STRAIGHT!

**LUMPCLOUD**  
HEAVY SHUTDOWN

I JUST WANT  
TO DISAPPEAR...

WHEN MY BODY GETS  
HEAVY, I GO  
QUIET.

**PLAYBOY**  
MEMORY

THIS LOOKS  
LIKE THAT TIME...  
IT MADE ME  
FEEL SICK.

MEMORIES  
I CAN'T  
FORGET.

**BUZZJ**  
RISING FRUSTRATION

WHY WON'T  
THEY JUST  
LISTEN?!

IT BUILDS UP...  
I FEEL LIKE  
EXPLODING.

**SORRYSprite**  
NOT MY FAULT,  
STILL SORRY.

I'M SORRY...  
I'M SORRY...  
I'M SORRY...

EVEN THOUGH I DID  
NOTHING WRONG,  
I STILL SAY SORRY.



EXPLAIN...  
THE WORDS  
ARE STUCK  
OUTSIDE: "BE GRATEFUL."  
INSIDE: PANIC.

IF I TALK, I'LL CRY.  
IF I CRY, THEY'LL  
GET ANGRY.  
I'M NOT ALLOWED  
TO LEAVE.

WE DON'T HAVE TIME  
FOR THIS EVERY DAY.  
JUST TAKE  
A BITE.

IT'S NOT STUBBORNNESS.  
IT'S SURVIVAL MODE.

THE INNER CREW HELPS EXPLAIN WHAT  
WORDS CAN'T SAY.

I'M NOT  
BEING WICKED.  
I'M JUST  
OVERWHELMED.

SOMETIMES A CHILD NEEDS...

- SOMEONE TO LISTEN.
- SOMEONE TO BELIEVE THEM.
- A LITTLE MORE TIME.
- A SAFE FOOD CHOICE.

THAT'S  
HOW I CAN  
BREATHE  
AGAIN.

♥ IT'S NOT JUST FOOD. IT'S FEELINGS, MEMORIES, AND SAFETY. ♥

# LUNCHTIME: WHAT HELPS

Support works better than pressure.

CHOICE, PATIENCE, AND SMALL STEPS CAN MAKE LUNCHTIME FEEL SAFER. ❤️

SOMETIMES LUNCH CAN FEEL BIG AND OVERWHELMING.

I SEE YOU. LET'S MAKE THIS FEEL BETTER. ❤️

I DON'T LIKE THIS FOOD. IT'S TOO MUCH.



1 LET FOOD COOL. HOT CAN FEEL TOO MUCH.

2 OFFER A SMALL PORTION OF FOOD. SOMETHING YOU ALREADY KNOW.

3 SMELL OR TOUCH FIRST. CHECK IT OUT. NO PRESSURE.

4 SMALL STEPS. TRY ONE TASK AT A TIME. YOU CAN CHOOSE.



LOOK	👁️	★
TOUCH	✋	★
SMELL	👃	★
TASTE	👅	★

5 HAVE A DRINK. A SIP CAN HELP. YOUR BODY RELAXES.

6 SIT IN A QUIETER SPOT. LESS NOISE, LESS STRESS.

7 TAKE A CHOICE CARD. CHECK WHAT YOU WANT TO DO FOR YOU.

8 SAY "NO THANK YOU" IT'S OKAY TO SAY NO. YOU ARE IN CHARGE.



9 LEAVE WHEN YOU'RE DONE. ARE YOU ALL DONE? YOU CAN BE ALL DONE.

10 FEELINGS SETTLE. SUPPORT MAKES ROOM FOR CALM.



WHEN WE USE TOOLS THAT HELP, LUNCH FEELS SAFER—ONE STEP AT A TIME. ❤️

PROUD OF YOU FOR USING YOUR TOOLS! ❤️



YOU'VE GOT THIS! ★

EVERY LUNCH IS DIFFERENT. YOU GET TO USE WHAT HELPS. CHOICE. PATIENCE. SMALL STEPS. BIG DIFFERENCE. ❤️

5

# LUNCHTIME: MY WAY.

MISSION: FEED ME, THE SAFE WAY! ❤️

SAFE FOOD IS FUEL TOO!

I'LL EAT THE PARTS I KNOW I LIKE. ❤️

YAY, YOU GOT THIS!

YOU'RE DOING GREAT.

GOOD CHOICES, CHAMP!

SMALL BITES. BIG BRAVERY!

TINY BRAVE TASTE!

MAYBE I'LL TRY A TEENY TASTE... ❤️

**BRAVE!**

SPOKE AND IT HELPED.

I TOLD MY TEACHER WHAT I NEEDED. ❤️

THANK YOU FOR HELPING ME. I'M PROUD OF YOU.

SHARING HELPS EVERYONE.

OUR FEELINGS COUNT TOO! ❤️

SAFE. UNDERSTOOD. SUPPORTED.

THAT'S WHAT MATTERS! ❤️

**TODAY'S TAKE-AWAY!** ❤️

NOT EVERY CHILD CAN EAT EVERY FOOD.



AND THAT IS OKAY. ❤️

FEELING SAFE COMES FIRST.



SAFE = SUCCESS. ❤️

LITTLE STEPS COUNT. EVERY TIME.



PROGRESS, NOT PRESSURE. ❤️

LISTENING HELPS EVERYONE.



BE HEARD. BE KIND. ❤️

LUNCHTIME CAN GET EASIER:



ONE DAY, ONE CHOICE AT A TIME. ❤️

**YOU ARE NOT PICKY. YOU ARE HUMAN. YOU ARE LEARNING. YOU ARE DOING AMAZING.** ❤️

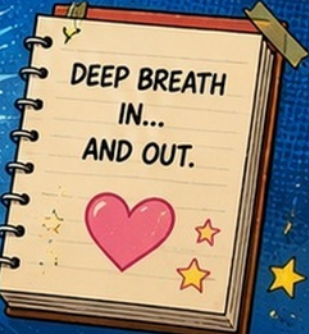
SOME DAYS GO AS PLANNED.  
SOME DAYS DON'T.  
THIS IS ONE OF THOSE DAYS.

PAGE 1:  
THE SETUP

# DAD IS LATE PICKING ME UP



- MY PLAN:**
- ★ STAY CALM.
  - ★ USE MY TOOLS.
  - ★ ASK FOR HELP IF I NEED IT.
  - ★ REMEMBER: I AM SAFE.





DAD IS LATE.  
ALMOST EVERYONE  
IS GONE.

WHEN IT FEELS LIKE  
EVERYONE IS ANNOYED,  
THE WORRY GETS  
BIGGER AND LOUDER.

MEET THE INNER CREW  
WHEN WORRY TAKES OVER.

PANIKIT  
ALERT!  
ALERT!  
ALERT!

LUMPCLOUD  
FEELS HEAVY  
AND...

RAYMOTH  
KEEPS REPLAYING  
"WHAT IF I  
FORGOT"

BUZZ-JAW  
FEELS THE  
ANGER AND  
HURT!

IT'S NOT  
FAIR!

I FEEL SO  
ALONE AND  
WORRIED.

WHEN YOU  
THINK YOU'RE  
STILL HERE.  
HOW ARE YOU  
FEELING?

SOMETIMES,  
WE THINK OTHERS  
ARE ANNOYED...  
BUT THEY MIGHT JUST  
BE TIRED OR BUSY.  
IT CAN MAKE  
WORRY FEEL  
BIGGER.

LET'S TAKE A  
BREATH TOGETHER.  
YOU'RE NOT  
ALONE.

OUR PLAN:

- I CAN ASK FOR HELP.
- I CAN STAY CALM.
- I CAN TRUST THAT I'LL BE PICKED UP.

I CAN  
HANDLE  
THIS.

♥ EVEN ON HARD DAYS... YOU ARE SAFE, LOVED AND NOT ALONE. ♥

# DAD IS LATE... BUT I'M OKAY.

## Operation: We Can Wait Together

Where is Dad?  
What if he forgot me?

PANIKIT

It's okay to feel worried when plans change.

I'm here with you.

Being late does not mean being forgotten. A grown-up can help when we wait.

LET'S USE OUR CALM TOOLS!

### 1. SAFE SPOT

I can sit in a quiet, cozy space

### 2. BREATHERS

He in...  
He out...

### 3. COMFORT ITEM

Hold something that makes me feel safe and strong.

### 4. HAPPY THOUGHTS

I can think of happy things while I wait.

### 5. CHECK IN

My teacher can check with the office

### WHILE WE WAIT WE REMEMBER:

- ★ Dad loves me.
- ★ He's probably stuck in traffic or running late. It's not my fault.
- ★ Adults are working on it.
- ★ I am safe. I am okay. I can handle this.

### 6. STILL WAITING?

That's okay! We keep using our tools.

GOOD NEWS!

Great news! Dad is on his way!

YAY!

We waited together. We stayed calm. Help was there. And it all worked out. **I'M PROUD OF ME!**

SOMETIMES THINGS TAKE LONGER THAN WE THINK... BUT WE ARE NEVER ALONE.

5

# HE FINALLY CAME!

Resolution: You Are Not Forgotten.



THERE HE IS!

WE WERE GETTING WORRIED.

I'M SO SORRY I'M LATE. TRAFFIC WAS A MONSTER.

DAD!

FEELINGS SHIFT. HEARTS RESET.



PANIKIT CALMS DOWN.

LOW CLOUD LIFTS.



REPLAY STOPS LOOP

SORRY NOTE SOUNDS WAVE



I MISSED YOU SO MUCH

I MISSED YOU, TOO, BUDDY.

**TODAY'S LESSON:**

IT'S OKAY TO FEEL WORRIED WHEN SOMEONE IS LATE. ♡  
 BEING LATE DOESN'T MEAN BEING FORGOTTEN. ♡  
 LOVE COMES BACK. YOU ARE IMPORTANT. ♡



**YOU ARE NEVER ALONE.**



