

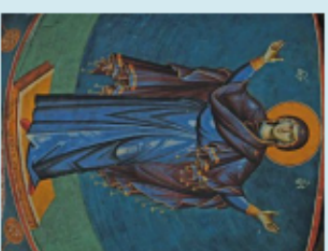
# What can I do right now?



Check in with  
my body.



Quiet books



Pray.



I'm  
overwhelmed.



hug?



stickers



look at icons



headphones



sit on floor?



check schedule



sing



Narthex



potty?



liturgy book



prayer board



3 deep breaths