PheNature

Learning inspired by Phoenix

What could help me now?

I can point, circle, draw or tell a trusted adult. I can choose one idea, try another, or leave this for later.

I would like to try...

☐ **A quieter space**



Sit somewhere less noisy with a trusted adult nearby.

☐ **Someone beside me**



Ask a trusted adult to sit with me or listen.

☐ **A familiar comfort**



Choose a familiar toy, soft item or cosy place.

☐ **A little movement**



Stretch, walk or move in a way that feels comfortable.

☐ **Draw or write**



Use colours, marks or words. I do not have to explain.

☐ **Help with the next step**



Ask: "Can you help me with one small thing?"

My own idea or drawing:

A trusted adult I can ask: _____

Afterwards, I notice... the same / different / not sure

For grown-ups: offer one or two choices and follow the child's pace. It is okay if an idea does not help. Stay nearby or return together later.

Free educational activity - not a replacement for individual professional support.

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