

# Take What You Need

## DINNER

### APPETIZERS BITE-SIZED SUPPORT

#### PLEASE HUSH PUPPIES

Some alone time in the Amygdala Reset Area or noise cancelling headphones with calming music of your choice.

#### "APP" - ETIZER SAMPLER PLATTER

-----  
minutes on your favorite iPad app.

#### BACK ON TRACK SNACK

Break for a snack of your choice before getting back to the task.

### MAIN COURSE FILLING PORTIONS OF SELF-CARE

#### GRILLED SQUEEZE SANDWICH

Sensory pressure from a weighted blanket or vest, or a hug from your teacher.

#### JALAPENO ERRAND POPPERS

Pop down the hall to run an errand for your teacher.

#### WRITER WINGS WITH DOODLE DIP

Time and space to write or doodle about any thoughts/feelings.

### DESSERTS SWEET RELIEF

#### DOUBLE PEER SCOOP

Time to talk and reset with a peer.

#### MILKSHAKE IT OUT

Get up and move, shake, wiggle, stretch, or dance.

#### FROZEN FREE TIME

Free time of preferred activity for  
-----  
minutes.