Acceptance in Action Card

Notice my thought. Understand more. Act with acceptance.

1 Notice

- ☐ "Rude"
- ☐ "Naughty"
- ☐ "Weird"
- ☐ "Bad parenting"
- ☐ "Too much sugar"
- ☐ My thought: _____

2 Understand

- ☐ Too loud or bright?
- ☐ Tired or overwhelmed?
- ☐ Stimming to stay calm?
- ☐ A hidden disability?
- ☐ Telling a story?
- ☐ Maybe: _____

3 Accept

- ☐ No staring or filming
- ☐ Give space
- ☐ A kind nod
- ☐ "Take your time"
- ☐ "What helps?"
- ☐ I'll try: _____

Where: Out in public | Kinder or school | Work | Home