Capacity Check Card

The skill is still there. Today, the energy may not be.

1 I notice

- [ ] Tired eyes, slumped body
- [ ] Tears over small things
- [ ] Can't get started
- [ ] Clothes or noise "too much"
- [ ] Sharp, quick reactions
- [ ] Other: _____

2 Check the room

- [ ] Lights softer
- [ ] Noise lower
- [ ] Snack offered
- [ ] Water offered
- [ ] Extras dropped
- [ ] Other: _____

3 Lend steadiness

- [ ] "Let's do it together"
- [ ] Sit at their height
- [ ] Slow breath out
- [ ] Hug, if wanted
- [ ] Quiet corner
- [ ] Our idea: _____

Battery today: Full: stretch | Half: support | Low: help together | Empty: rest