

The Adventures of Peyton

Peyton's Thanksgiving Adventure

My Thanksgiving Coping Plan

Circle or check the things that help Peyton's body feel calm and comfortable at a family gathering.



☐ Headphones



☐ A Quiet Space



☐ Safe Foods



☐ Deep Breaths



☐ A Fidget Toy



☐ A Break

I can celebrate Thanksgiving in the way that works best for ME!