## Cards to cut and put in Lanyard to help you



I need a moment to calm



I need your help please



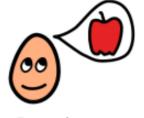
where is the bathroom



I don't know what to do now



breathe to stay calm



I am hungry



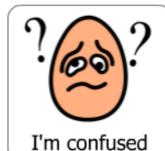
where should I be now?



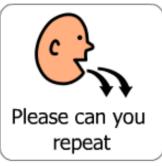
I have Autism and may need some extra help



Please speak slower for me









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