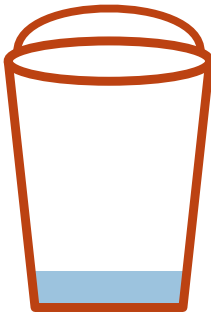


Bucket Check-In

How full does my bucket feel right now?

Point to the Tuli and bucket that feel like you.



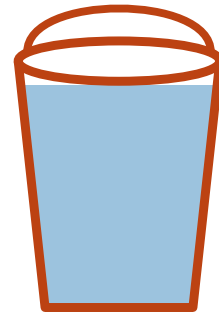
A little full

I feel okay.



Getting full

Things feel like a lot.



Too full

I need help to feel calm.

A little full

Let's keep going. Maybe a snack or a cuddle to keep it that way.

Getting full

Let's pick a calm tool. Breathe, squeeze, or a quiet minute together.

Too full

Let's slow way down. Closeness first, words later.