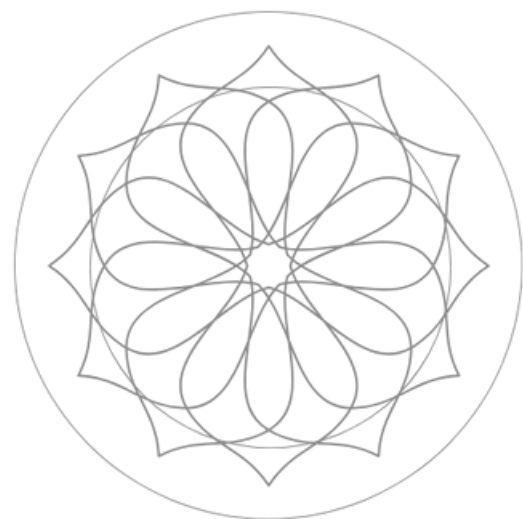
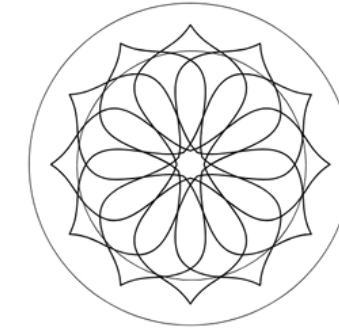


I am on a  
bamboo break

I WILL COME BACK LATER





# FOR PARENTS:

## “HOLDING THE BAMBOO SPACE”

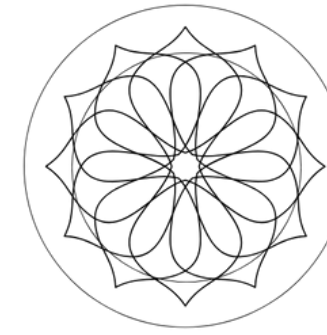
- Page 1: designed for parents to print, laminate, and hang on the child's door.
- Page 2 and 3: guidance for parents

Create psychological safety. Present the Bamboo Break as a “superpower” or tool, not a punishment.

Tell your child: “Everyone’s nervous system needs rest. This is your way to take care of yourself.”  
Model it yourself: “I’m taking a Bamboo Break. I’ll be back in a few minutes.”



# PRACTICAL STEPS FOR PARENTS



- 01** Introduce the idea together: "Sometimes our feelings are like strong winds. The Bamboo Break helps us"
- 02** Set up a Bamboo Space. Include comforting items: soft textures, sensory toys, art materials, books, etc.
- 03** Practice in calm moments. Role-play: "Let's pretend we both need a Bamboo Break, what could we do?"
- 04** Stay connected when they take space. Say gently: "I'll be nearby when you're ready."
- 05** Reconnect afterward. Use a repair ritual: a short check-in like: "How's your body now?" "What helped you feel calmer?" "Would you like a hug or some quiet?" "You listened to your body, that's amazing." "You knew what you needed. I am so proud of you.."