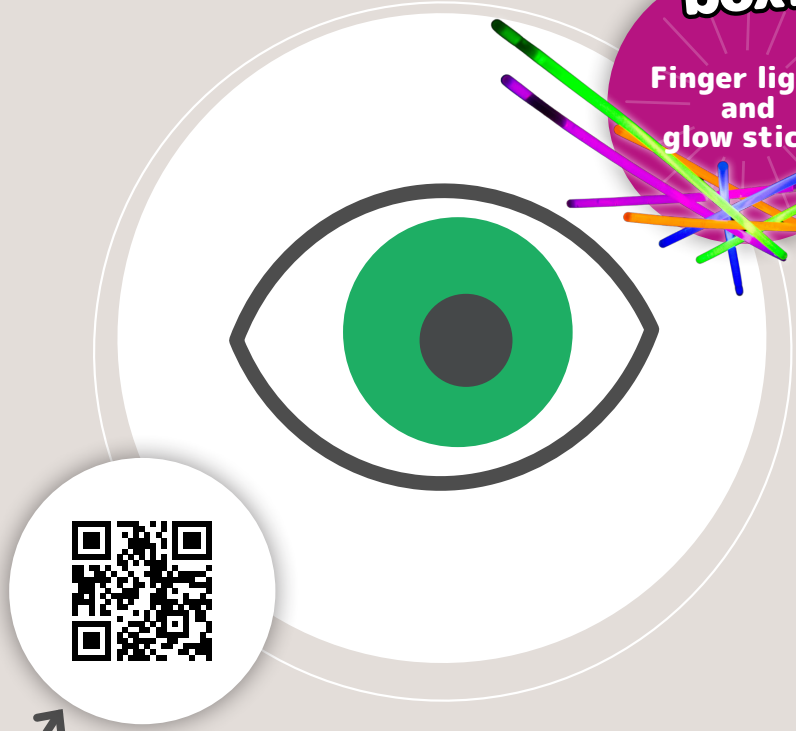


Sight



**In the
box!**

**Finger lights
and
glow sticks**



Use the QR Code to watch a video of
people with FASD building their very
own den



Many people with FASD like to snuggle up in a quiet darker space so that they can relax. It's important to have a calm space. For some people, it is a special room like their bedroom. Others like to build a den or a cave.

Where could you build a den or calm space?

What would you put in your den or calm space to make it comfortable and relaxing?

Send us a picture of your den and lights to hello@fasd.me



Directions

Many people with FASD like to use coloured lights to light up their calm space. Some like complete darkness.

Try the finger lights and glow sticks and see if they help you to relax.

Do the finger lights relax you?  

Do the glow sticks relax you?  

Do you have a favourite colour that relaxes you?

