TOM TOM UNIVERSE

My Brian Choice Cards

A printable way to notice, share or pass



How to use the cards

Print and cut along the dashed edges. A Star can point to a card, hold it, place it beside a check-in sheet, or use the words as a starting point. An adult can help if wanted.

There is no wrong choice

A child can choose more than one Brian, choose “not sure”, choose “I’d rather not choose”, or use their own words. These are prompts, not fixed labels or a test.

For Stars and their grown-ups | By Counsellor Tomass J. Wood

My Brian cards

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Curious Brian

I want to know more.



Questioning Brian

Why? What happens next?



Imagination Brian

I can dream up new things.



Worrying Brian

What if something goes wrong?



Fear Brian

I need help feeling safe.



Safety Brian

What helps me feel secure?

My Brian cards

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Happy Brian

This feels good!



Sad Brian

I need care or comfort.



Excited Brian

I can't wait!



Sensitive Brian

I notice things strongly.



Freeze Brian

I need time and one small step.



Comfort Brian

I know what helps me settle.

My Brian cards

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Learning Brian

I'm practising and growing.



Hope Brian

Maybe something good can happen.



Kindness Brian

Let's be gentle.



Guilt Brian

Can I make things right?



More than one Brian

A few Brians are here.



Not sure yet

I don't know what I'm feeling.

My Brian cards

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I'd rather not choose

I can pass for now.



My own Brian

I have a Brian of my own.



I need a break

Pause with me.



I need help

Please stay nearby.



I want to talk

Listen with me.



I want to draw

Let's show it another way.

My Brian check-in

Use any part of this page. Circle, point, draw, write or leave it blank.

1. Which card or cards fit right now?

You can choose one, several, "not sure", "I'd rather not choose", or your own words.

The Brian or Brians I notice:

2. What might they be saying or asking?

You can use their card words, draw, or ask someone to write what you say.

3. What do I notice?

[ ] My thoughts [ ] My body [ ] My feelings [ ] What I want to do [ ] Not sure

Thoughts, body clues, feelings or actions - choose any that you want to share.

4. What might help now?

[ ] Keep going [ ] Take a break [ ] Know the plan [ ] Find a quiet place
[ ] Move or fidget [ ] Comfort [ ] Talk or draw [ ] Ask someone to stay nearby
[ ] Something else: _____

A helpful person or next step: _____

A note for grown-ups

Keep the cards child-led, flexible and reassuring.

Offer, don't quiz

Lay out a few cards or let the child browse the whole set. They can point, choose multiple cards, use a blank card, or pass. Avoid asking them to explain before they are ready.

Reflect what you hear

Try: "I hear that Worrying Brian might be here. Would you like me to listen, explain the plan or help you find a quiet spot?" Follow the child's lead.

Use the words as possibilities

The short phrases are invitations, not definitions. A child may experience a Brian differently, rename it, or decide a card does not fit. Brians are a playful metaphor for thoughts and feelings, not separate people.

Make communication accessible

Accept speech, drawing, writing, AAC, gesture, silence and extra processing time. Reduce sensory demands or offer a break when helpful. The child does not owe anyone a disclosure.

Remember

No Brian is bad. Feelings are information, not behaviour instructions. If a child is distressed, focus on safety, connection and practical support before reflection.

These cards are a creative reflection resource. They do not diagnose a child or replace professional support.