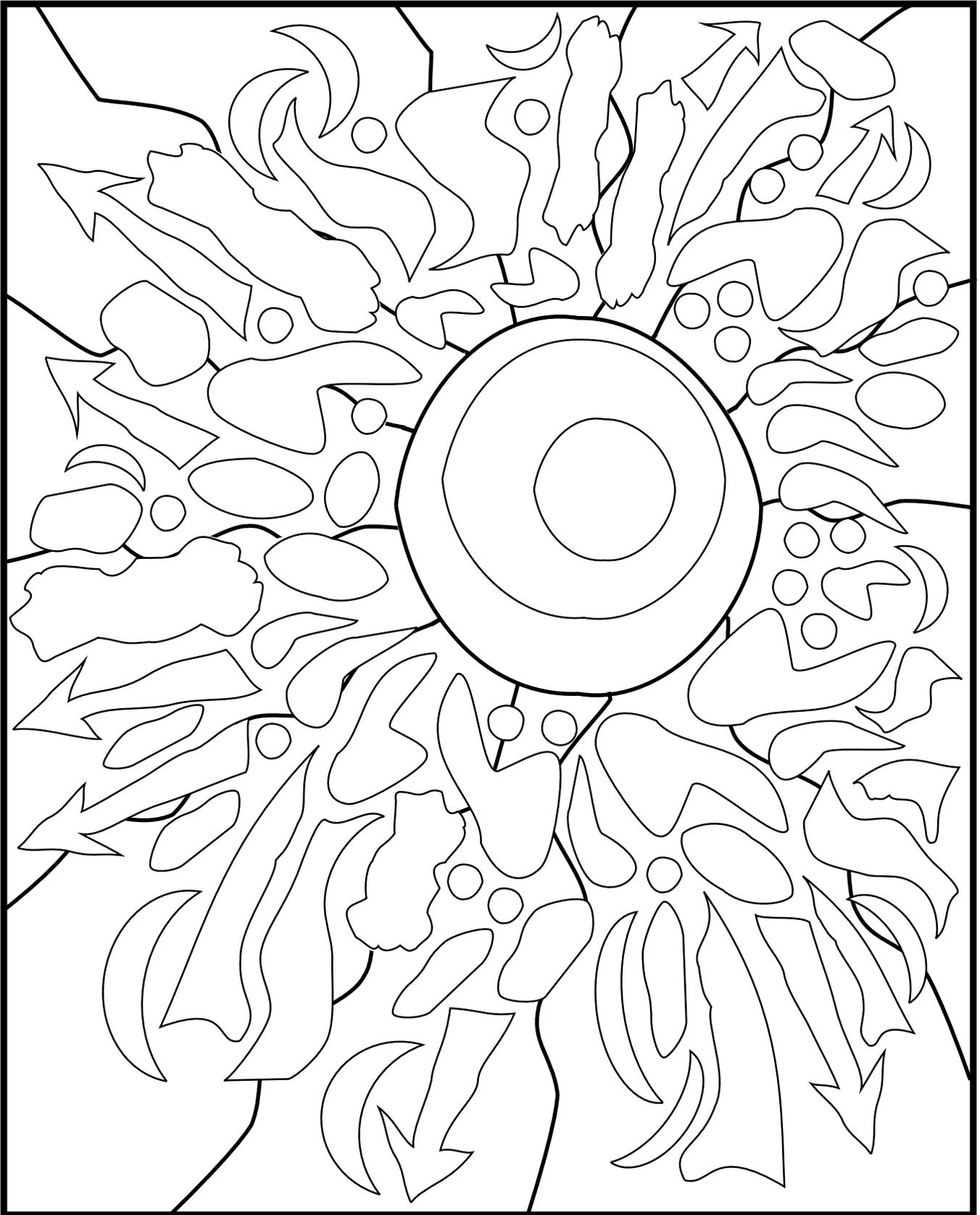


Why Yes, This is a Coloring Page!



In Case of a Splatquake

Do you have a first aid kit? Do you have a hurricane or earthquake kit? There are different kinds of “kits” that are wise to keep around and stocked up in case of an emergency.

I recommend also having a Splatquake kit: a collection of comfort and care items for your worst days.

It's your kit, so you determine what goes in it and when you use it! It might be designed for any freight train or asteroid day. It might be specially designed for when you're having a run of days above tractor trailer Splatatus and finally stop to take a self-care day.

TIP: Decide ahead of time what criteria (“Splateria”?) calls for breaking out your Splatquake kit.

I've had different versions myself. Sometimes I go shopping and make something like a gift basket for myself and I hide it away until I'm on a stretch of 3 or more freight train days. I've also kept a bin stocked simply with items from around the house, just so I can have my favorite self-care stuff all in one place.

It could simply be a list of items you own and where they are located, so you can remind yourself what's available and what you want to do for yourself if you're not feeling well.

If you really want to make it fun...

Grab your favorite Splatvocate or a fellow Splattie and plan a day of rummaging for things around the house, or go shopping together and buy a neat container and spend your pre-arranged budget picking out some really cool stuff. They make great gifts, too!

Splatquake Kit Checklist

Use this list to build your Splatquake Kit. Check off items you want to make sure are in it, then head to the store and stock up or gather things from around the house (if you're bored, use this as a scavenger hunt!). I left some blank spaces for you to add your own.

TREATMENTS

- gel eye mask
- heating pad
- menthol patches
- soothing balm
- facial treatment
- bath salts
- yoga/stretch video
- therapy exercise list
- _____
- _____
- _____
- _____

ENTERTAINMENT

- streaming watch list
- DVD(s)
- book(s)
- video game
- deck of cards
- puzzle book
- jigsaw puzzle
- building toy
- coloring book
- art supplies
- needlework/sewing
- craft project
- pet toy
- _____
- _____
- _____
- _____

PHYSICAL COMFORT

- weighted blanket
- soft blanket
- pillow
- pajamas
- fuzzy socks
- dry shampoo
- cleansing wipes
- tissues
- earplugs
- _____
- _____
- _____
- _____

NOURISHMENT

- canned soup
- instant cup of noodles
- canned fruit
- meal/snack bars
- frozen meal(s)
- frozen treats
- hot tea
- mug
- takeout/delivery menu(s)
- pet treats
- _____
- _____
- _____
- _____

EMOTIONAL COMFORT

- favorite mementos
- photo album
- love note to self
- card/note from loved one
- uplifting quotations
- fidget toy
- stuffed animal
- happy song playlist
- candles
- crisis hotline numbers
- _____
- _____
- _____
- _____

