

Oh shit.

What now?

A choose-your-own
adventure map to help you
get a grip and resist without
taking on too much.






START HERE

Oh hi there!

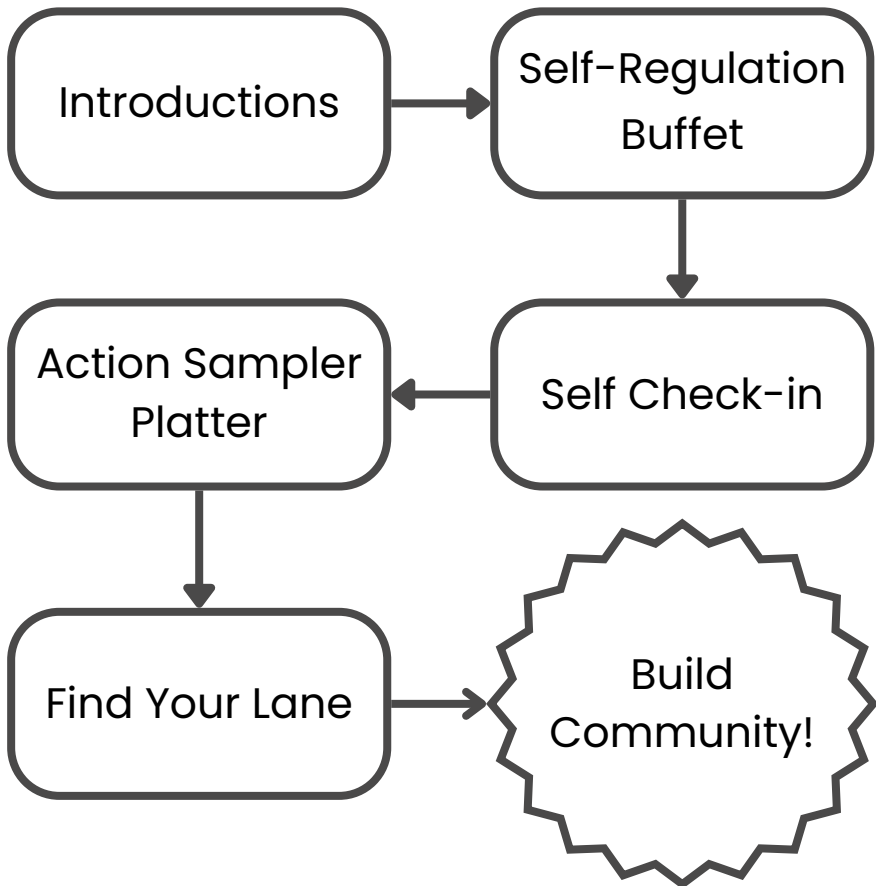
Are you a parent or educator who is having all kinds of FEELS right now because it seems like you or the people you care about are newly in danger under our current system?

Do you feel like gosh, it would be nice if someone could just hold my hand and walk me through what I'm supposed to do here?

No worries! We got you.



What to expect: As you answer questions you'll be directed to the next relevant page. Although each journey will be your own, you'll generally make your way through the six stages below.



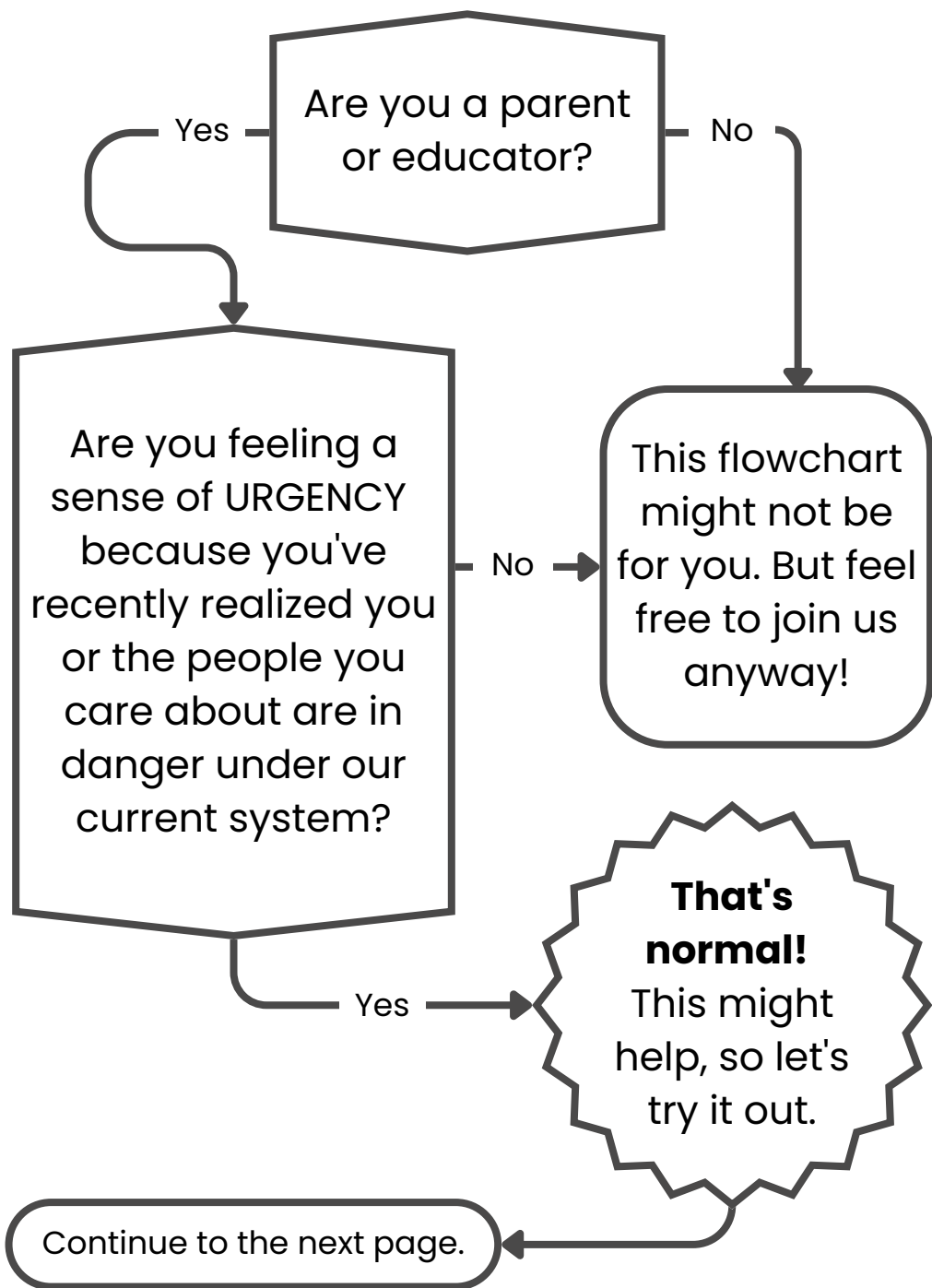
We'll point you to extra resources throughout the zine. Anytime you see a caret symbol ^ there will be a link to find in the back.

Don't feel like typing out those URLs?
Get the digital version of this zine at booksforlittles.com/shit and all the links are clickable.

Want to print this zine booklet style?

Open in a free PDF reader, like Adobe Acrobat, and in print settings, under Page Size & Handling select Booklet, and print double-sided. Fold the pages in half.


You can bind pages together with staples, brads, or a simple three-hole pamphlet stitch^.




How do you feel about this?

Jot down three words that pop into your head or pick from the list below.

scared, furious, stressed, energized,
depressed, anxious, frozen, confused,
resentful, focused, distracted, numb, angry,
sad, irritable, vigilant, annoyed, disgusted,
grieving, surprised, accepting, terrified, lonely



Let's accept the reality that we may not be as safe as we felt before. Process your grief that the world is not how you thought it was. (Not sure how to process? Try talking, writing, interpretive dance?)



Before you leap in, let's self-regulate so we don't make things worse.

Continue to the next page.

What is your current coping strategy?

Have more than one feeling? Pick one to start!

Appease for Survival

- Keep the peace & keep your head down.
- Stock your pantry.
- Stress-cleaning: Excessive tidying & redecorating, gardening, improving your personal environment.
- Pull your loved ones in closer.
- Get in the good graces of authority.
- Comply in advance.

Flee to Safety!

- Look for a way out.
- Cut friends and family out of your life.
- Threaten to move to Canada.
- Research schematics for underground bunkers.

Throw Hands & Fight Back!

- Write fuming letters to the editor.
- Argue with internet strangers.
- Consider governmental overthrow.
- Remove your earrings in a menacing way.
- Complain about people who don't care.

Block Everything Out

- Feel overwhelmed, paralyzed, go full dead possum.
- Tell yourself things will work themselves out.
- Clamp your hands over your ears and shout "La LA LA."
- Doom scroll, obsessively check the news.
- Ruminant & vent in conversations that don't go anywhere.
- Excessive research as procrastination.
- Start a brand new, white-led racial justice club.



Visit the Self-Regulation Buffet.

Follow your coping strategy to the indicated page and select one item on that page. One that feels within your capacity. This is to help you get your marbles collected.

Don't focus on making change just yet.

**Throw Hands
& Fight Back!**

Use those hands to
flip to page 10.

Flee to Safety!
Run to page 9.

Appease for Survival

We'd really love it if you
turned to page 12.

Block Everything Out

Block out this page and head to page 11.

Are you feeling the
urge to
Flee to Safety?



Try one of these instead of running:

- Make a checklist of what you need to feel safe.
- Have a conversation with a loved one about what your emergency backup plan would look like.
- Burn off nervous energy with a 5-minute walk.

Feeling a bit
more centered?

Nope still feeling
overwhelmed!!

Return to page 7.

Feeling a bit
better, thanks.

Continue to page 13.



Are you feeling the urge to
Throw Hands & Fight?

Try one of these instead:

- Attend a protest.
- Sign a petition.
- Google to see that there are organizations fighting for an issue you care about.
- Call a friend who is happy to listen to you rant.
- Recognize feelings of personal responsibility - what and who do you feel responsible for, and why is it so threatening to have these at risk?

Return to page 7.

Nope still feeling
overwhelmed!!

Continue to page 13.

Feeling a bit
more
centered?

Feeling a bit
better, thanks.

Are you feeling the urge to **Block Everything Out??**



Try one of these instead of blocking:

- Reduce inputs: block your feed, browser blockers, email pause.
- Write about a time when you overcame adversity, crisis, or something super difficult.
- Schedule 15 minutes per day/week to intentionally update yourself on current events, and then shut off your device.
- Discuss a book, article, or podcast about the thing that scares you with a friend.
- Talk or write about guilt over not realizing dangers sooner.
- Practice a hobby you are good at.
- Go outside and touch a plant.

Feeling a bit
more centered?

Return to page 7.

Nope still
feeling
overwhelmed!!

Feeling a bit
better, thanks.

Continue to page 13.

Are you feeling the urge to
Appease for Survival?



Try one of these instead of going along:

- Check in with people who are directly impacted.
- Make a list of people who will still support and care for you, even if you speak up or rock the boat.
- Talk or write about what you are afraid will happen if you speak up.
- Make a list of the people you feel responsible for.

Feeling a bit
more
centered?

Nope still feeling
overwhelmed!!

Return to page 7.

Feeling a bit
better, thanks

Continue to page 13.

Did this action:

- Help you feel a *little* safer or more in control of the situation?
- Motivate you to keep going?
- Help you feel a little more regulated?

Yes, these are three distinct and important things.

No

Continue to page 22.

Yes

Continue to the next page.

Community can be so important. Maybe what you need is connecting with other people or seeing that you're not the only one working on this. If you feel like you just need to find where you belong, head to page 47.

Will this self-regulation action keep you safe in the long term?

Yes

Continue to the next page.

No

Yeah, self-regulation activities help prepare you to act, but won't be enough to create actual change.

When you're ready, let's move from **reacting** as an individual under duress, and start **responding** to protect our kids.

Continue to page 16.

```
graph TD; A[Oh good.  
What do you want to do now  
that you're feeling safe?] --> B[Calm down a  
little bit more.  
Return to self-  
regulation buffet  
on page 7.]; A --> C[Spread the good  
stuff and help  
others get safe.  
Head to the next page.]; A --> D[I'm all set. I've got it from here.  
  
Great! We're so glad you're feeling  
better. We'll still be here if you need us.  
Stay in the loop by subscribing to  
our newsletter^];
```

Oh good.

What do you want to do now
that you're feeling safe?

Calm down a
little bit more.

Return to self-
regulation buffet
on page 7.

Spread the good
stuff and help
others get safe.

Head to the next page.

I'm all set. I've got it from here.

Great! We're so glad you're feeling
better. We'll still be here if you need us.
Stay in the loop by subscribing to
our newsletter[^].

Let's try taking one small, experimental action to test how it feels to reclaim your agency.

Choose one bite-sized action to try from this non-comprehensive starter kit, based on your personal level of risk tolerance and capacity.



Personal

I want to do this on my own.

Head to the next page.



Interpersonal

I want to do this with someone close to me.

Head to page 18.

What kind of collaboration feels most appealing?
What kind of collaboration can you do while keeping your family safe?



Community

I want to contribute to a movement.

Head to page 19.

Personal

I want to do this
on my own.



Try one of these:

- Assess: What are the actual risks to you and your loved ones within the next 30 days?
- Create a safety/escape plan.
- Find out which legislation impacts issues you care about using 5 calls[^], which provides scripts if you're anxious about calling your representatives.
- Contact your elected officials using Resistbot[^] if you are anxious about using the phone or writing letters.
- Read a guide by ASAN[^] to learn more if you're new to calling elected officials.

Continue to page 20.

Interpersonal

I want to do this
with someone
close to me.



Try one of these:

- Listen to another person who is directly impacted.
- Go to a protest with a friend.
- Check in on a neighbor.
- Send a letter of support to a community leader or helper.
- Talk about a challenging topic with someone close to you who you disagree with (Check out the Come Back to Care podcast^ for helpful how-tos).
- Use a family action toolkit^ to choose kids book, art project, or discussion prompt to learn about these issues with your kids.

Continue to page 20.

Community

I want to
contribute to a
movement.



Try one of these:

- Attend a meeting or training run by an organization that is already working on an issue you care about.
- Go to a local city council meeting, town hall, interactive workshop[^].
- Make a public comment at a city council / school board meeting.
- Search for a local mutual aid group to learn ways your community can support each other.[^]

Continue to page 20.

Go you!

You did a thing!
Feeling ready to
make a plan?

Yes, I think
I'm ready.

Great, let's continue
to Find Your Lane on page 27.

Well... I still
feel a little
disoriented.

Okay! Let's try
something else.
Head back to page 16.

Actually, now that I'm more
regulated, I realize I'm
doing quite a bit already.

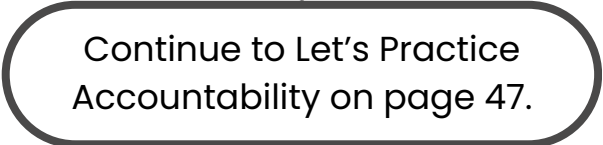
Head to page 21.



Self-Awareness Win!

No one benefits from you taking on more and more until you burn out.

You recognize that contributing only the extra energy, extra time, and extra resources you have to spare is how you sustain long-term.



Continue to Let's Practice Accountability on page 47.

Get more support

You're feeling unsafe, unmotivated, and the self-regulation strategies you've tried so far aren't helping. That's normal – let's figure out this next step together.



Great self-awareness!

You seem like a smart cookie
Feeling burned out? Let's deal
with those crispy edges.



Continue to the next page.

Would you like to try something else to self-regulate?

Yes, I think I need a little more time to get a grip.

Return to page 7.

No. I am in serious crisis and need outside help.

Continue to page 25.

Maybe, but I think what I really need is to make an impact.

Continue to page 24.

Not really sure how you're feeling? Assess your toasted-level on the Stress Continuum chart[^] from the Raising Luminaries Burnout Recovery Workbook.





```
graph TD; A[ ] --> B[We hear you.  
  
If you're willing to try another  
method before jumping into action,  
self-regulating will help you help  
others without hurting those you  
care about.]; B --> C([Return to the  
Self-Regulation Buffet on page 7.]);
```

We hear you.

If you're willing to try another
method before jumping into action,
self-regulating will help you help
others without hurting those you
care about.

Return to the
Self-Regulation Buffet on page 7.

Okay, you need more support.
Maybe one of these could help?




```
graph TD; A[Okay, you need more support. Maybe one of these could help?] --> B[Inclusive Therapists^ - find a therapist who can support identities and/or issues important to you. Liberation Line^ - provides free mental health support calls to organizers and activists, offering support, listening, resources, processing, debriefing or strategizing. These are confidential, noncrisis, non-therapy phone calls facilitated by a trusted volunteer with experience in offering mental health support and who aligns with Palestinian and collective liberation.]; B --> C[More resources on the next page.];
```

- Inclusive Therapists[^] – find a therapist who can support identities and/or issues important to you.
- Liberation Line[^] – provides free mental health support calls to organizers and activists, offering support, listening, resources, processing, debriefing or strategizing. These are confidential, noncrisis, non-therapy phone calls facilitated by a trusted volunteer with experience in offering mental health support and who aligns with Palestinian and collective liberation.

More resources on the next page.

Okay, you need more support.
Maybe one of these could help?



- Ignition Calls[^] – Get focused support to talk through parenting and advocacy challenges that have you feeling stuck.
 - Winter Incubator[^] – Small group workshop to support parents and educators who feel out of place in traditional parenting spaces.
 - Summer Luminator[^] – Small group workshop to make your caregiver burnout a thing of the past.
 - Come Back to Care[^] podcast: for bite-sized parenting strategies to support both kids and you.
- 

We'll still be here when you're ready.
Stay in the loop by subscribing to our newsletter[^].




Find Your Lane

While it's tempting to stay home and click & share posts on social media, community changes only happen in relationship with other people.

Luckily, there are others with experience already working on the issues you care about, eager for your help and solidarity. Let's push forward together by prioritizing relationship-building and community engagement.

If you try to do everything yourself, you're going to burn out and hurt somebody, so pick one issue to start. You can always come back and try another one later.

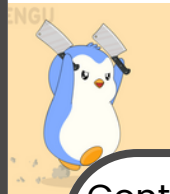


Continue to the next page.

What's your energy level today?

High

I have energy and time to share – let's do this!



Continue to I've Got Energy To Share on page 41.

Limited

I'd like to focus my limited energy to make the best use of it.



Continue to I Have Limited Energy on page 34.

Low

I'm running on fumes and need low-effort action.



Continue to I'm Running on Fumes on page 29.

I'M SO TIRED




I'm Running on Fumes

I need low-effort actions.

What's your risk tolerance?


How public or private can you afford to be?

Behind the scenes

I prefer working
behind the scenes
(low risk) 


Continue to page 30.

Community Events

I can handle events
open to the local
community or semi-
public events
(medium risk) 


Continue to page 32.

Private Circles

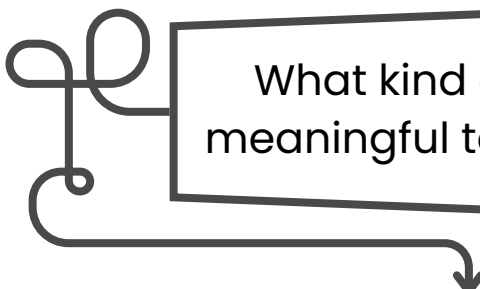
I can do
one-on-one or a
small group work
(small risk) 

Continue to page 31.

Front-Facing

I'm okay being seen
and heard publicly
(more risk) 

Continue to page 33.



What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Download a Come Back to Care[^] Podcast episode.

Culture Shift

I want to change hearts, minds & media.

Choose one book from a Books for Littles Toolkit[^] and request it from your local library.

Systems & Policy

I want to rebuild the way we do things.

Sign a Moms Rising[^] petition.

Disruption

I want to mess with power and fuck shit up.

Register for the next Right to Be[^] resilience training.

Continue to Let's Practice Accountability on page 47.



What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Text a friend with an offer to listen to them the next time they are freaking out about the news.

Culture Shift

I want to change hearts, minds & media.

Skim the table of contents in the Southern Poverty Law Center guide[^] for situations where you can influence people in conversations.

Systems & Policy

I want to rebuild the way we do things.

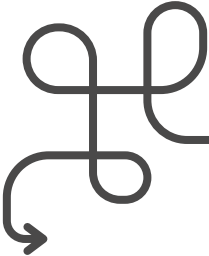
Use a 5 Calls[^] script to contact your legislators in less than 2 minutes (Use Resistbot[^] if phone calls are not accessible for you).

Disruption

I want to mess with power and fuck shit up.

Sketch a quick pod map[^] to see how you can amplify the work of others using your connections.

Continue to Let's Practice Accountability on page 47.



What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Join an accountability group for parents like Luminary Brain Trust.[^]

Culture Shift

I want to change hearts, minds & media.

Request one story about privilege[^] from your local library to read with your kids.

Systems & Policy

I want to rebuild the way we do things.

Look up a meeting calendar[^] for a local open virtual PTO, school committee, or city council meetings.

Disruption

I want to mess with power and fuck shit up.

Register for a free 45-minute Bystander Intervention[^] training with Right To Be.

Continue to Let's Practice Accountability on page 47.



What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Share a wish list or donation link from a local asylum seeker housing org with a local community group (e.g. Rainbow Railroad[^]).

Culture Shift

I want to change hearts, minds & media.

Commit to saying “that makes me uncomfortable” the next time a friends or colleague says something problematic.

Systems & Policy

I want to rebuild the way we do things.

Learn how to make a public comment[^] at your local City Council or School Board meetings.

Disruption

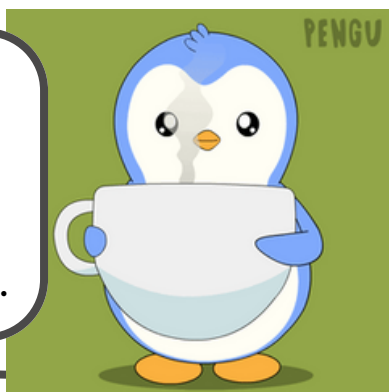
I want to mess with power and fuck shit up.

Look up the workshop of an ICE Watch team training.[^]

Continue to Let's Practice Accountability on page 47.

I Have Limited Energy

I've got a little energy,
but I may need a
direction to get started.



What's your risk tolerance?

How public or private can you afford to be?

Behind the scenes

I prefer working
behind the scenes.

(low risk) 🧐

Continue to page 35.

Community Events

I can handle events
open to the local
community or semi-
public events.

(medium risk) ☀️

Continue to page 39.

Private Circles

I can do
one-on-one or a
small group work.

(small risk) 🏠

Continue to page 37.

Front-Facing

I'm okay being seen
and heard publicly.

(more risk) 📢

Continue to page 40.



What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Join the Luminary Brain Trust[^] (for support & accountability).

Systems & Policy

I want to rebuild the way we do things.

Look up the date of your next city council meeting.[^]

Culture Shift

I want to change hearts, minds & media.

Crafty? Do a 5-minute Craftivism[^]. Home with kids? Try an activity with your kids from a BFL toolkit[^].

Disruption

I want to mess with power and fuck shit up.

Fill out one page of Interrupting Criminalization Make a Plan workbook.[^]

Special Privilege Redistribution Side-Quest on the next page.



Continue to Let's Practice Accountability on page 47. ←

****SPECIAL OPPORTUNITY:** Do you hold a position with decision-making power on a board, committee, organization, or business?**

PRIVILEGE REDISTRIBUTION SIDE-QUEST



Find out what people with less power than you need help with! Try using an anonymous paid survey, buying someone coffee and inviting them to share what support looks like for them, and/or shutting up and listening at meetings.



Continue to Let's Practice Accountability on page 47.

What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Skim the table of contents in this Southern Poverty Law Center guide[^] to brace yourself for a conversation with someone you care about.

Culture Shift

I want to change hearts, minds & media.

Email a local reporter, candidate, or educator with an email of appreciation and offer to buy them a coffee & chat.

Systems & Policy

I want to rebuild the way we do things.

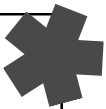
Volunteer to do a small task for a local campaign, like delivering lawn signs.

Disruption

I want to mess with power and fuck shit up.

Sign up for the Summer Luminator.[^]

Special Privilege Redistribution Side-Quest on the next page.



Continue to Let's Practice Accountability on page 47.

****SPECIAL OPPORTUNITY: Are you a law student or lawyer?****

PRIVILEGE REDISTRIBUTION SIDE-QUEST



Check out the PAIR project[^], or volunteer to consult with a local advocacy group to offer legal advice & know-your-rights trainings.

****SPECIAL OPPORTUNITY: Do you have access to additional shelter, property, or love hosting?****

PRIVILEGE REDISTRIBUTION SIDE-QUEST



Search for asylum seekers housing aid organizations near you ex: Rainbow Railroad.[^]

****SPECIAL OPPORTUNITY: Are you a student, faculty, or admin of a college or university?****

PRIVILEGE REDISTRIBUTION SIDE-QUEST



Join a campus defense training.[^]

Continue to Let's Practice Accountability on page 47. →

What kind of action
feels meaningful to
you right now?



Special Privilege
Redistribution Side-
Quest on the next page



Care and Repair

I want to help people directly.
Email your local mutual
aid group^ to ask what
small volunteering tasks
they need help with, like
donation pickups

Disruption

*I want to mess with power
and fuck shit up.*
Schedule time to write
a public comment
about an issue you
care about at your next
local PTO or school
committee meeting.^

Systems & Policy

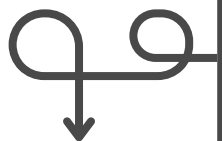
*I want to rebuild the way we
do things.*
Set an alarm to attend
your next virtual city
council^ meeting while
folding laundry & write
a follow-up email to
your councilors.

Culture Shift

*I want to change hearts,
minds & media.*
Read the latest Leftist
Library Project^ for
ways to protect your
local library (like
lemonade for libraries).

Continue to Let's Practice
Accountability on page 47.





What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Encourage your community group (ex: church or book club) to support a local[^] Indigenous-led organization.

Culture Shift

I want to change hearts, minds & media.

Draft a letter[^] to the editor to tell your community more about issue you care about.

Systems & Policy

I want to rebuild the way we do things.

Attend a local School Board or City Council[^] meeting and consider making a public comment.[^]

Disruption

I want to mess with power and fuck shit up.

We'd never tell you to do this... but did you know some folks enjoy spamming ICE[^] & abortion[^] snitch lines? Best used with a VPN & ad-blocker.

Special Privilege Redistribution Side-Quest on the next page.



Continue to Let's Practice Accountability on page 47. ←

I've Got Energy To Share

I've got energy and time to give - LET'S DO THIS!



What's your risk tolerance?

How public or private can you afford to be?

Behind the scenes

I prefer working behind the scenes.

(low risk)

Continue to page 42.

Community Events

I can handle events open to the local community or semi-public events.

(medium risk)

Continue to page 44.

Private Circles

I can do one-on-one or a small group work.

(small risk)

Continue to page 43.

Front-Facing

I'm okay being seen and heard publicly.

(more risk)

Continue to page 45.



What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.
Offer babysitting, meals, and domestic care for people directly targeted / on the front lines.

Culture Shift

I want to change hearts, minds & media.
Follow through on one Step 4 Action from a Books for Littles toolkit.[^]

Systems & Policy

I want to rebuild the way we do things.
Find out what kinds of volunteers are needed at an upcoming local protest[^] or community cultural events.[^]

Disruption

I want to mess with power and fuck shit up.
Schedule 30 minutes this week to follow through on Interrupting Criminalization's 'Make A Plan' workbook.[^]



Continue to Let's Practice Accountability on page 47.

Special Privilege Redistribution Side-Quest on the page 46.

What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Contact 2-4 accomplices to set up childcare or dinner sharing plan to help each other attend protests or meetings.

Culture Shift

I want to change hearts, minds & media.

Contact 2-4 other caregivers to coordinate teach-in play date using a topic from a Family Action Toolkit.[^]

Systems & Policy

I want to rebuild the way we do things.

Schedule a coffee & chat with a local elected official, school committee member, or reporter.

Disruption

I want to mess with power and fuck shit up.

Attend a local protest[^] with a group of friends.

Continue to Let's Practice Accountability on page 47.



What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Join a local mutual aid group[^] in your community.

Culture Shift

I want to change hearts, minds & media.

Join your local library board or friends of the library committee with guidance from Leftist Library Project.[^]

Systems & Policy

I want to rebuild the way we do things.

Volunteer for an upcoming election campaign.[^]

Special Privilege
Redistribution
Side-Quest
on page 46.



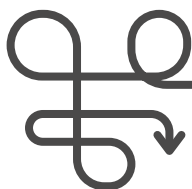
Disruption

I want to mess with power and fuck shit up.

Infiltrate Moms for Liberty[^] or your local NIMBY group and start a slow and relentless sabotage campaign.[^]

Continue to Let's Practice Accountability on page 47.





What kind of action feels meaningful to you right now?



Care and Repair

I want to help people directly.

Gather your tools to write, create, or craft a public project drawing attention to an issue you care about.

Culture Shift

I want to change hearts, minds & media.

Develop relationships with local journalists[^] – buy them coffee and find out what support looks like for them.

Disruption


I want to mess with power and fuck shit up.


Block off time in your calendar to attend a training on how ICE Watch Teams[^] work.

Systems & Policy

I want to rebuild the way we do things.

Read out the requirements to run for local office[^] (e.g., School Board, City Council, PTO) or become an election delegate.

Special Privilege Redistribution Side-Quest on the next page. 

Continue to Let's Practice Accountability on page 47. 

****SPECIAL OPPORTUNITY:** Do you love to cook, have access to a kitchen, and/or have food to spare?**

PRIVILEGE REDISTRIBUTION SIDE-QUEST



Cook, deliver, or organize the distribution[^] of meals to immigrants who are afraid to leave their homes due to ICE raids.

****SPECIAL OPPORTUNITY:** Do you have first aid or emergency medical training?**

PRIVILEGE REDISTRIBUTION SIDE-QUEST



Learn how street medics[^] help bystanders and protestors at risk during state sanctioned violence.

****SPECIAL OPPORTUNITY:** Are you an editor, journalist, or documentarian?**

PRIVILEGE REDISTRIBUTION SIDE-QUEST



Check out the Abolition Journalism fellowship.[^]



Continue to Let's Practice Accountability on page 47.

Let's Practice Accountability!

Kudos! You've already finished the hard part. Injustice thrives in silence, so that's why we reflect on our actions and get better at taking action over time. So now it's time to get honest and disclose what action you've taken and what you've learned!



Help other parents see they don't have to save the world all by themselves.

Bonus: It helps your brain recognize how much you're already doing so you can stop panicking and focus on actually helping!

Share the action you chose on our 'Oh shit. What Now?' Community Board.[^]


Hey, did you know this adventure map was created by Alison, Lena, & Ashia of the Tangled Roots Participatory Action Research Project in collaboration with the Raising Luminaries Collab Lab^?

What's my role in all that?

Well, what does collaboration look like for you?

I'd like to spread the word.
Continue to the next page.

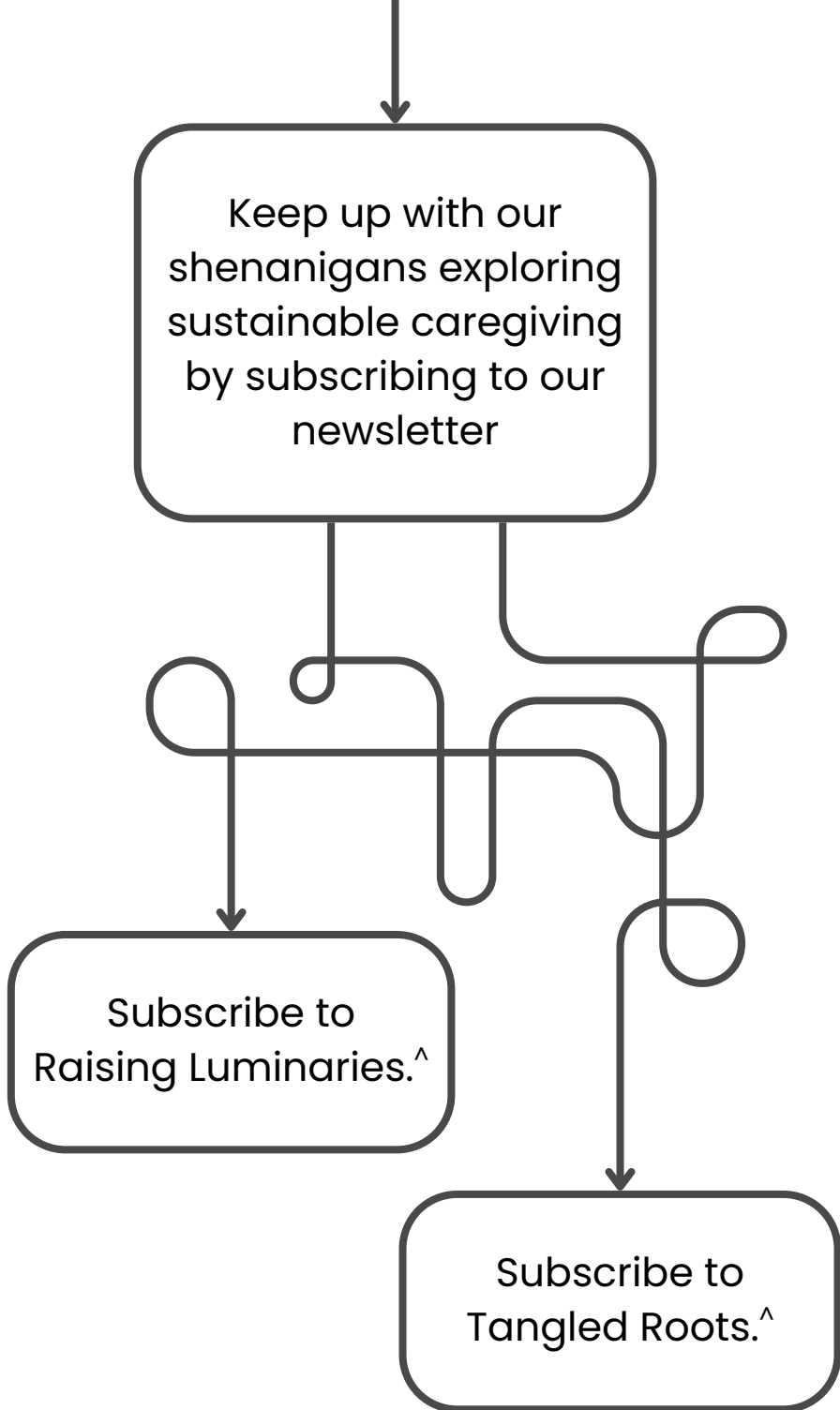
I'd like to keep in touch.
Continue to page 50.



You can share our
Oh Shit. What Now?
Adventure Map with all your
kind & courageous parent
friends!



Please send them this link instead of sharing
the PDF file itself! That way, they can
download their own free copy of the most
updated version. Share this link[^]:
booksforlittles.com/shit.



Links to

Action Sample Platter



- **5 Calls:** 5calls.org
- **Resistbot:** resist.bot
- **Guide by ASAN:** autisticadvocacy.org/wp-content/uploads/2017/02/fact-sheet-how-to-call-your-elected-officials.pdf
- **Comeback to Care podcast:** comebacktocare.com/podcast
- **Family action toolkits:** booksforlittles.com/toolkits
- **Our newsletter:** caregivercollaborative.substack.com
- **Search prompt:**
 - City of [your city name] public meeting schedule
 - mutual aid groups near me

Get More Support

- **Stress continuum chart** (page 5): canva.com/design/DAGfpgFmH_1/ZoRy5KWx5fqvjmaab7LFqwg
- **Comeback to Care podcast:** comebacktocare.com/podcast
- **Inclusive Therapists:** inclusivetherapists.com
- **Liberation Line:** liberationline.org
- **Summer Luminator:** raisingluminaries.com/join-luminator
- **Winter Incubator:** raisingluminaries.com/join-the-incubator/incubator-about
- **Ignition Calls:** booksforlittles.com/ignition-calls
- **Tangled Roots newsletter:** caregivercollaborative.substack.com/

Links to

I'm Running on Fumes

- **Comeback to Care podcast:** comebacktocare.com/podcast
- **Books for Littles Toolkit:** booksforlittles.com/toolkits
- **Moms Rising petitions:** momsrising.org/take-action
- **Right to Be resilience training:** righttobe.org/upcoming-free-trainings
- **Southern Poverty Law Center guide:** splcenter.org/wp-content/uploads/files/speak_up_2021_edit.pdf
- **5 Calls:** 5calls.org
- **Resistbot:** resist.bot
- **Pod map:** batjc.org/files/Pods-Pod-Mapping-Worksheet.pdf
- **Rainbow Railroad:** rainbowrailroad.org/donate
- **How to make a public comment:** mobilize.us/raceforward/event/596321
- **ICE Watch team trainings:** defendandrecruit.org/events
- **Bystander intervention training:** righttobe.org/upcoming-free-trainings
- **Luminary Brain Trust:** booksforlittles.com/lbt-signup

Links to

I Have Limited Energy

- **Luminary Brain Trust:** booksforlittles.com/lbt-signup
- **PAIR Project:** pairproject.org
- **Craftivism:** Let's Move the Needle by Shannon Downey
- **BFL Toolkits:** booksforlittles.com/toolkits
- **Make a plan:** millionexperiments.com/zines/making-a-plan
- **Southern Poverty Law Center guide:** splcenter.org/wp-content/uploads/files/speak_up_2021_edit.pdf
- **Rainbow Railroad:** rainbowrailroad.org/housing
- **Leftist Library Project:** librariesforthepeople.substack.com
- **Abortion snitch line:** ithhs.my.site.com/c/itop_reporting.app?view=form&formType=iarf
- **ICE snitch line:** ice.gov/webform/ice-tip-form
- **Draft a letter to the editor:** naeyc.org/our-work/public-policy-advocacy/letter-editor-template
- **Local indigenous:** native-land.ca
- **Campus defense training:** defendandrecruit.org/campus
- **Search prompts:**
 - date of next local city council or select board meeting
 - local mutual aid group near me
 - city council meeting calendar near me
 - local school committee meeting calendar near me
 - local school board or city council meeting calendar near me

Links to

I've Got Energy To Share

- **Cook, deliver, or organize the distribution of meals:** theguardian.com/us-news/2025/aug/25/los-angeles-immigrants-food-delivery.
- **Books for Littles – Family Action Toolkits:** booksforlittles.com/toolkits/
- **Interrupting Criminalization's 'Make A Plan' workbook:** interruptingcriminalization.com/abolition-journalism
- **Street medics:** activisthandbook.org/wellbeing/riot-medicine
- **ICE Watch Teams training:** defendandrecruit.org/event
- **A Do-Gooder's Guide To Sabotage:** booksforlittles.com/quick-fixes
- **Mom's for Liberty:** momsforliberty.org/chapters
- **Leftist Library Project:** librariesforthepeople.substack.com
- **Abolition Journalism fellowship:** interruptingcriminalization.com/abolition-journalism
- **Interrupting Criminalization's 'Make A Plan':** millionexperiments.com/zines/making-a-plan
- **Search prompts:**
 - upcoming protest dates near me
 - community cultural event calendar near me
 - who is running for the next election in my town
 - local mutual aid groups near me
 - requirements to run for local office near me
 - contact info of journalists local news source near me
 - upcoming protest dates near me

Links to

Let's Practice Accountability!

- **Oh shit. What Now?:** booksforlittles.com/shit
- **Oh shit. What Now? Community Board:** padlet.com/LuminaryBraintrust/oh-shit-what-now-community-board-3w3aj8bi11311943
- **Raising Luminaries Collab Lab:** booksforlittles.com/lbt-portal/collab-lab
- **Tangled Roots newsletter:** caregivercollaborative.substack.com
- **Raising Luminaries newsletter:** ashia.substack.com

Zine Printing

- **Digital version of this zine:** booksforlittles.com/shit
- **How to do a pamphlet stitch:** blog.talasonline.com/post/elevate-your-zines-pamphlet-stitch-alternative-binding-techniques

Oh Shit! What Now?

Created by the Tangled Roots Participatory
Action Research Project in collaboration with
the Raising Luminaries Collab Lab.

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