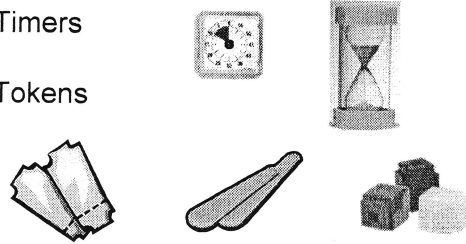


## Sensory Strategies Ideas

- Fidgets
- Heavy Work / Deep Pressure
- Take a Walk / Take a Break
- Headphones
- Positioning (seat, feet)

## Quantify

- Timers
- Tokens



## Consistency

- Communication station
- Calendar
- Reusable
- Portable

## Calendars

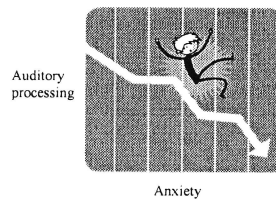
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 *REWARD	2 BARN DUTY	3 RIDING LESSON	4	5 VIOLIN RECITAL	6 FRIENDS GROUP	7 CHURCH FREE TIME
8 BARN DUTY	9 MATH TUTOR	10	11 APPT W/ DR. SMITH	12 RIDING LESSON	13 COOK 4 DORM	14 CHURCH FREE TIME
15 BARN DUTY	16	17 RIDING LESSON	18 DORM CLEAN-UP	19	20 FRIENDS GROUP	21 CHURCH FREE TIME
22 BARN DUTY	23 MATH TUTOR	24	25	26 RIDING LESSON	27 VISIT MOM & DAD	28
29 BARN DUTY	30 RIDING LESSON	31 TURN IN TOKENS FOR REWARD				

Still... There Will Be Challenging Behaviors.



Drop the language. Make it visual.

When anxiety increases, auditory processing decreases.



Calm yourself.

You are okay.

First: Count to 20 slowly.  
Then: Rest.

Understanding an individual's autism.

What's behind the challenges and challenging behaviors?

- Communication deficits
- Sensory issues
- Illogical reasoning
- Transition difficulties

Consider:


- How can I make it visual?
- How can I simplify?
- What can this person do independently?

*Parting Mantra*

Structure, Structure, Structure

Leads to

Independence and Flexibility



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