

COMMUNICATION

Verbal

Pre-verbal

Non-verbal

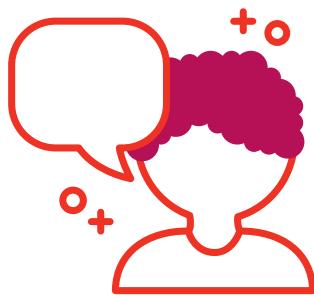
You can communicate with me best by using:

Simple language with extra time to process the information

Pictures

Written words

Technology



When I am calm I am able to:

Follow verbal and nonverbal directions

Use visuals to help follow directions

Indicate my likes and dislikes

Request what I want or need

STRENGTHS

I'm really good at or I really like:

Sports

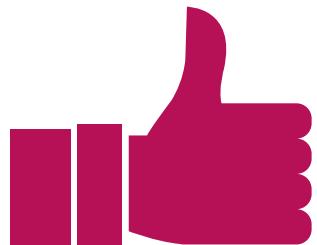
Music

Movement

Video Games

Art

Other: _____



CHALLENGES

I have challenges with:

Self-regulation

Yelling or swearing

Wandering or running away

Aggressive behavior

Self-injurious behavior

Spitting

Repetitive rituals

Maintaining personal space

Other: _____

WHEN I AM UPSET YOU CAN HELP BY:

Reducing demands

Offering a break or fidgets

Other: _____

Increasing space

Offering choices (visually)

Using visuals, written words, or pictures

Reducing language (including stop talking)

THINGS TO KNOW ABOUT ME



Likes & Special Interests



TRIGGERS



SENSORY CHALLENGES



HELPFUL TOOLS

For more information contact:



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www.TheAutismProject.org