

BREATHING & CALMING SUPPORTS

- VISUALS DESIGNED TO TEACH RELAXATION SKILLS ARE USEFUL FOR AUTISTIC INDIVIDUALS WHO MAY LEARN BETTER WHEN RECEIVING INFO THROUGH THE VISUAL CHANNEL
- VISUALS CAN BE KEPT IN A BINDER FOR THE CHILD, TAPED TO A DESK, OR CARRIED ON A CLIP
- VISUALS CAN BE POSTED IN A SPECIAL CALM-DOWN CORNER OF THE CLASSROOM OR HOME, SO THE STUDENT KNOWS WHAT TO DO WHEN TAKING A CALM-DOWN BREAK

EXAMPLES

CNVFILLM FF1

Calm Down Corner

1 Close your eyes 	2 Take 3 deep breaths 
3 Count to 10 	4 Nice quiet hands 
5 Nice quiet feet 	6 Talk it out with an adult 

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CNVFILLM FF1

5 - LOOK: Look around for 5 things you can see

4 - FEEL: Think of 4 things you can feel

3 - LISTEN: Listen for 3 sounds

2 - SMELL: Say 2 things you can smell

1 - TASTE: Say 1 thing you can taste

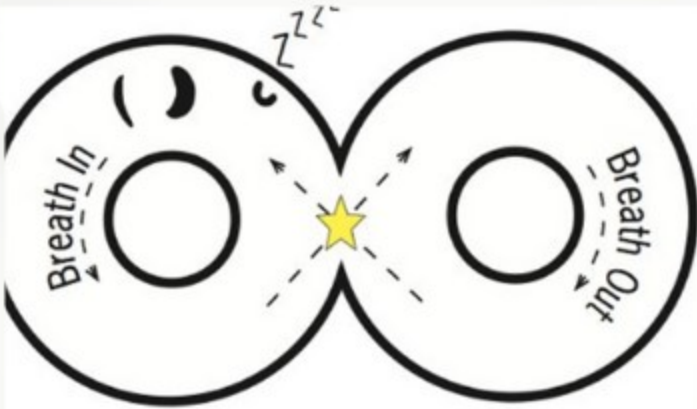
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 Count to 10.	 Take 3 or more deep breaths.
 Ask to take a break.	 Tell myself "I will be okay" or "Be calm".
 Relax my body from head to toe.	 Ask to get a drink of water.
	

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Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy

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