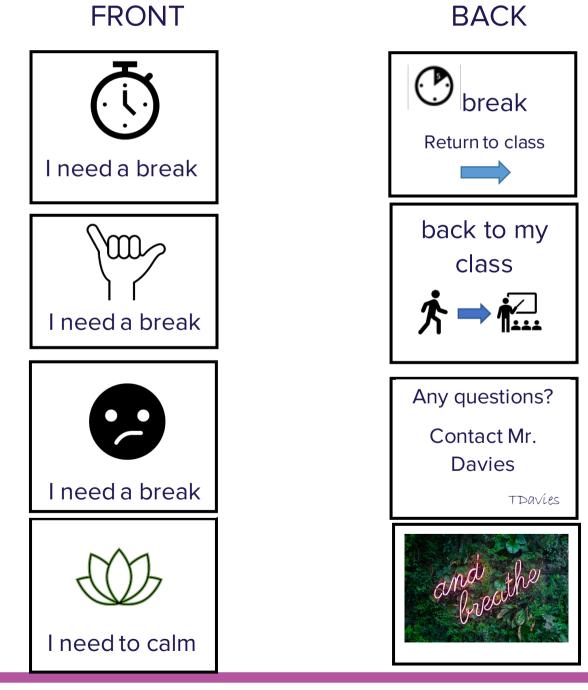


## Ask the student what works best:

- An icon/graphic with text?
- Text only?
- A photograph of where you have agreed that they will go to calm
- A photograph of what they will do on their break (e.g. use a sensory strategy, breathing exercises)?
- A graphic of how they feel?

## What will be on the front of<br/>the card?Will the student (or other staff) need<br/>something on the back of the card?

- A reminder of what to do when they are calm?
- Something that shows this is an agreed strategy?



## Business Cooperative Research Centres Program

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Department of Industry, Science, Energy and Resources

Photo by <u>Max van den Oetelaar</u> on <u>Unsplash</u>

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