CAN A PERSON DISTINGUISH BETWEEN THESE?
CAN A PERSON ARTICULATE THIS?
IS THE PERSON AWARE OF THIS?
SURPRISE
EXCITEMENT
ANXIETY
FEAR
RAISED BY
ADRENALINE (what happens if levels rise)
BREATHING RATE RISES
SENSATIONS
HEART RATE RISES
MOUTH DRY
NAUSEA
BOWELS AND URINE
ESCALATION
ALERT
HYPERVIGILANT
PANIC
ALLOW QUIET
PROCESSING TIME
IN ASD THIS COULD BE FLIGHT FROM MORE INFORMATION
MAKE THIS AVAILABLE TO PREVENT FORCING A PERSON INTO ONE OF THE OTHER ACTIONS
FLIGHT
PREPARATION FOR ACTION
FIGHT
SWEARING
MELTDOWN
STORMING
LASHING OUT
DO NOT ADD MORE INFORMATION
PROCESSING INFORMATION STOPS
Allow low sensory environment
FREEZE
Calming activities of your child's choice
Allow self regulatory activities
Keep your child safe
SPEECH LOST
MOVEMENT STOPS
SENSORY INPUT
COMMUNICATION
RAISED ADRENALINE LEVEL MAY BE CAUSED BY TOO MUCH INFORMATION
RAIN WHEN WEATHER MAN SAID IT WOULD BE SUNNY
UNPREDICTED EVENT
MAY BE CARRIED OVER FROM A PREVIOUS EXPERIENCE
TRANSITION
SUBJECT
PLACE
SLEEP TO AWAKE
UNMET EXPECTATION
BUS LATE
ADVERSE EVENT
catastrophisation
SOCIAL INTERACTION
LACK OF PURPOSE
TOO MANY PEOPLE
DURATION
RESULT, EXHAUSTION