Strategies to Improve Control

Choice
*Social Narratives
- Cartooning / Graphic Novels

Positive Affirmations
Progressive Relaxation
*Five Point Scale
Social Behavior Mapping
Regulated Breathing

Strategies to Support Demands

**Home Base
Movement and Sensory Breaks
*Schedules
    QR Codes
    Videos
    Transition Items
**Removing Threats / Distractions

Strategies to Increase Support

Assistive Technology and Videos
Doodling or Journaling
Visual Timers
**Teach Hidden Curriculum
Co-Regulation
Strategies to Build Relationships and * Peer Mediated Instruction and Interventions

* Modules available on Autism Internet Modules web site and may apply to students with and without autism based on unique needs of students
http://www.autisminternetmodules.org/

** Strategies highlighted on Organization for Autism Research Understanding Autism web site and may apply to students with and without autism based on unique needs of students
https://researchautism.org/resources/curriculum-in-a-box/understanding-autism-professional-development-curriculum/