MY AUTISM HUB × GUIDING STARS

Calm-down Plan — my plan

STEP 1



Notice my signals

Body clues can come before words.

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STEP 2



Lower the load

Less noise, light, talking or people.

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STEP 3



Show a choice

Help, break, quiet or a familiar AAC option.

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STEP 4



Move to safety

A low-stimulation place with space around me.

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STEP 5



Wait with me

Fewer words. No demand for eye contact or speech.

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STEP 6



Recover gently

Time, water and familiar comfort can come later.

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