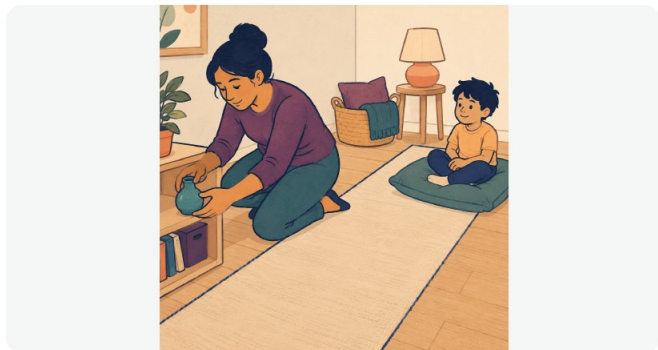


Meltdown Recovery — my plan

STEP 1



Make the space safe

Move hazards and give comfortable room.



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STEP 2



Reduce demands

Fewer people, words, questions and expectations.



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STEP 3



Keep communication close

Help, break and familiar AAC stay available.



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STEP 4



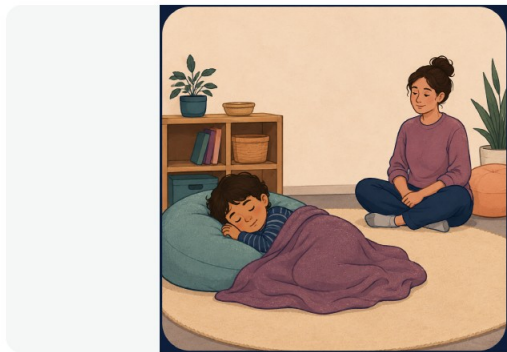
Offer recovery supports

Water, a familiar object or chosen sensory support.



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STEP 5



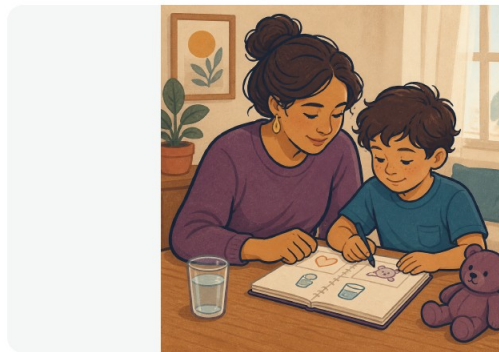
Wait without pressure

No questions, forced eye contact or apology.



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STEP 6



Reconnect later

Record what helped when everyone is ready.



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