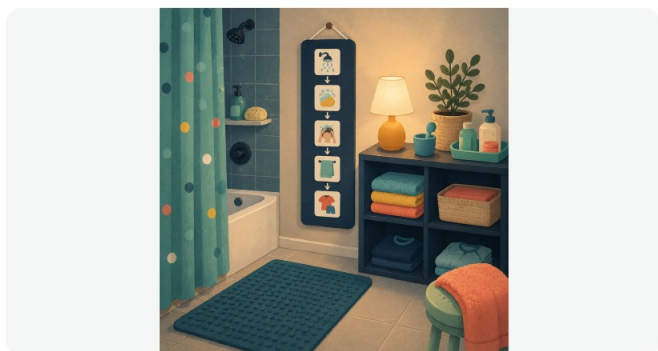


Showering — my plan

STEP 1



Make the room predictable

Clear the floor, set the light and have everything ready.



www.myautismhub.com

STEP 2



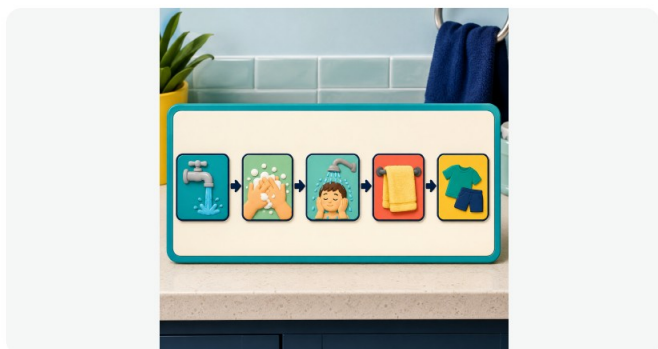
Choose the sensory setup

Water direction, temperature, cloth, soap, sound and goggles.



www.myautismhub.com

STEP 3



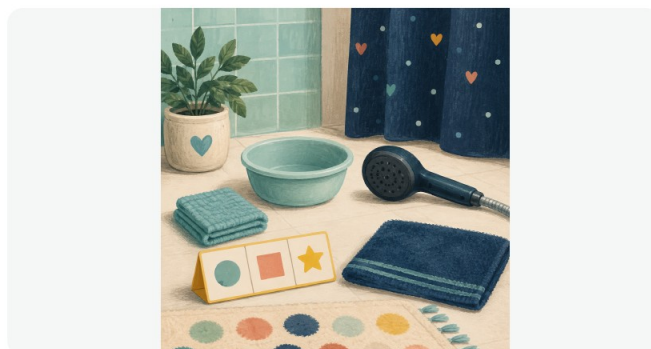
Show what comes next

Use a short visual sequence and the same simple words.



www.myautismhub.com

STEP 4



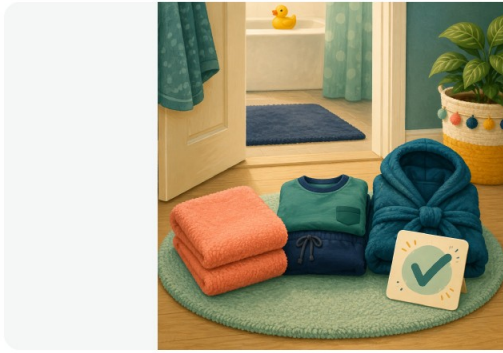
Practise one small part

Start with entering, water on hands or washing one area.



www.myautismhub.com

STEP 5



Make dry time clear

Towel, clothes and a finished cue should be ready.



www.myautismhub.com

STEP 6



Record what helped

Notice patterns, not compliance, and adjust one thing.



www.myautismhub.com