

AUTISM VISUAL SUPPORT TOOLS

➤ 59 BEHAVIOR AIDS

➤ SELF-REGULATION

➤ SPECIAL ED HELP

➤ AUTISM RESOURCES

Volume Control

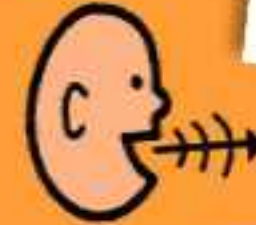
5

Yelling



4

Loud



3

Inside voice



2

Whisper

1

No talking

Your turn



No talking or making sounds



My turn



Touching Monitor



I use my body to injure.
I move with anger and force.
This feels like a lot of pain.

5



I smack to upset people.
I move fast with hard pressure.
This feels like a bee sting.

4



I touch with hi-fives and hand shakes.
I move in a careful, nice way.
This feels like clapping hands.

3



I touch with soft, gentle hands.
I move in a calm manner.
This feels like a tickle.

2



I have my hands to myself

1

Please wait 1
minute to talk to me.



Caroline Koehler

ASKING FOR HELP

Asking for Help

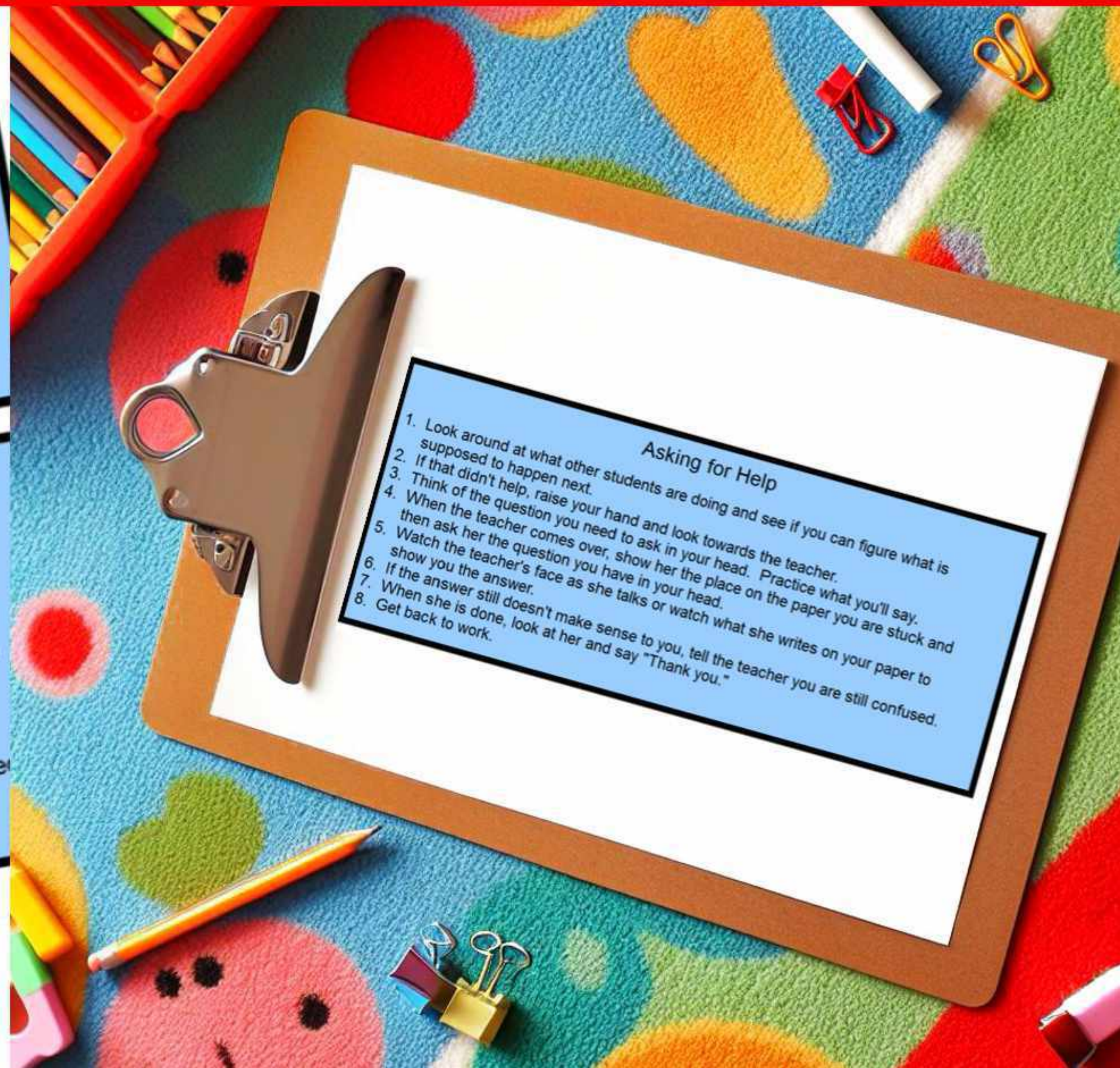
1. Look around at what other students are doing and see if you can figure what is supposed to happen next.
2. If that didn't help, raise your hand and look towards the teacher.
3. Think of the question you need to ask in your head. Practice what you'll say.
4. When the teacher comes over, show her the place on the paper you are stuck and then ask her the question you have in your head.
5. Watch the teacher's face as she talks or watch what she writes on your paper to show you the answer.
6. If the answer still doesn't make sense to you, tell the teacher you are still confused.
7. When she is done, look at her and say "Thank you."
8. Get back to work.

Asking for Help

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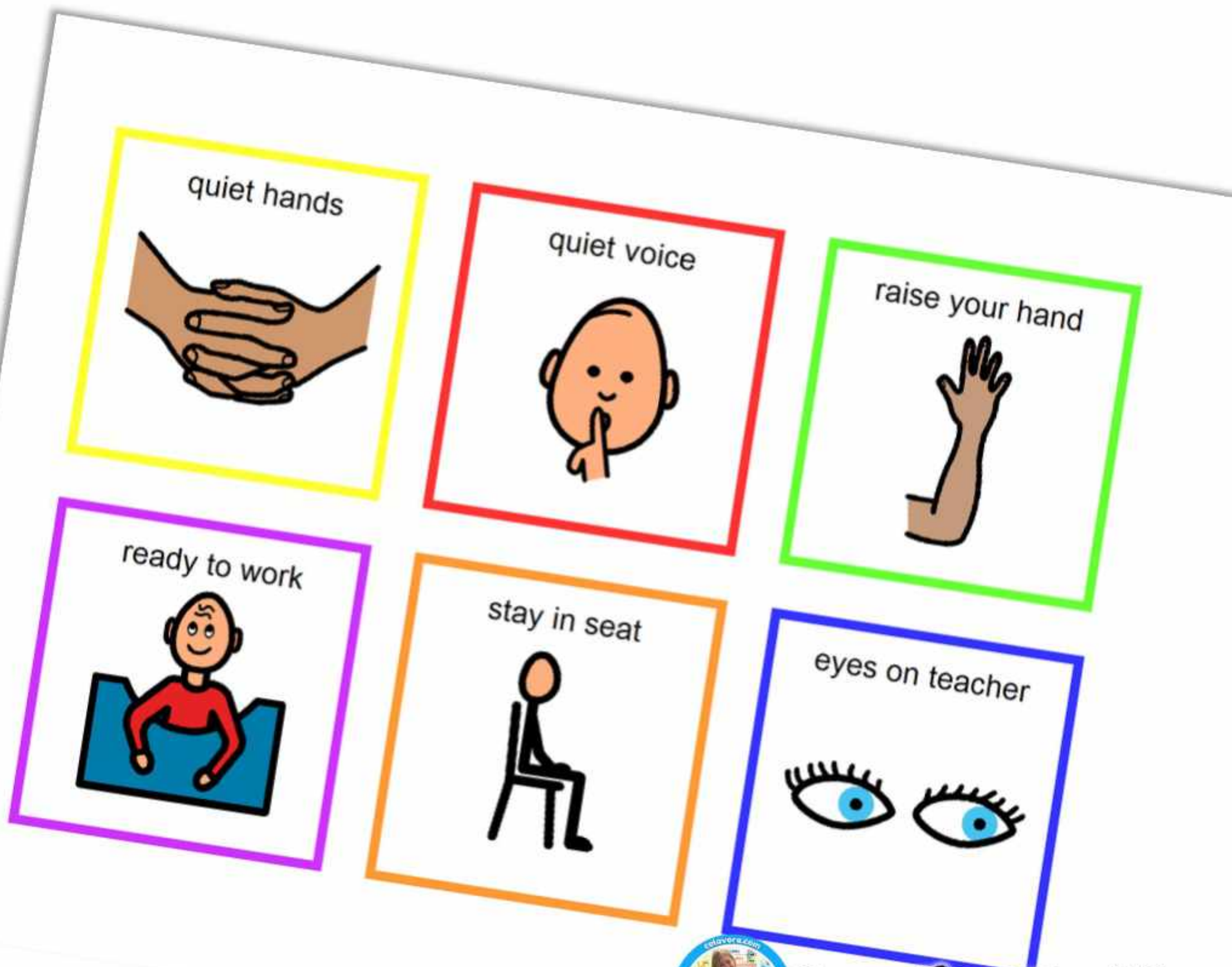
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BEHAVIOR SORTING CARDS



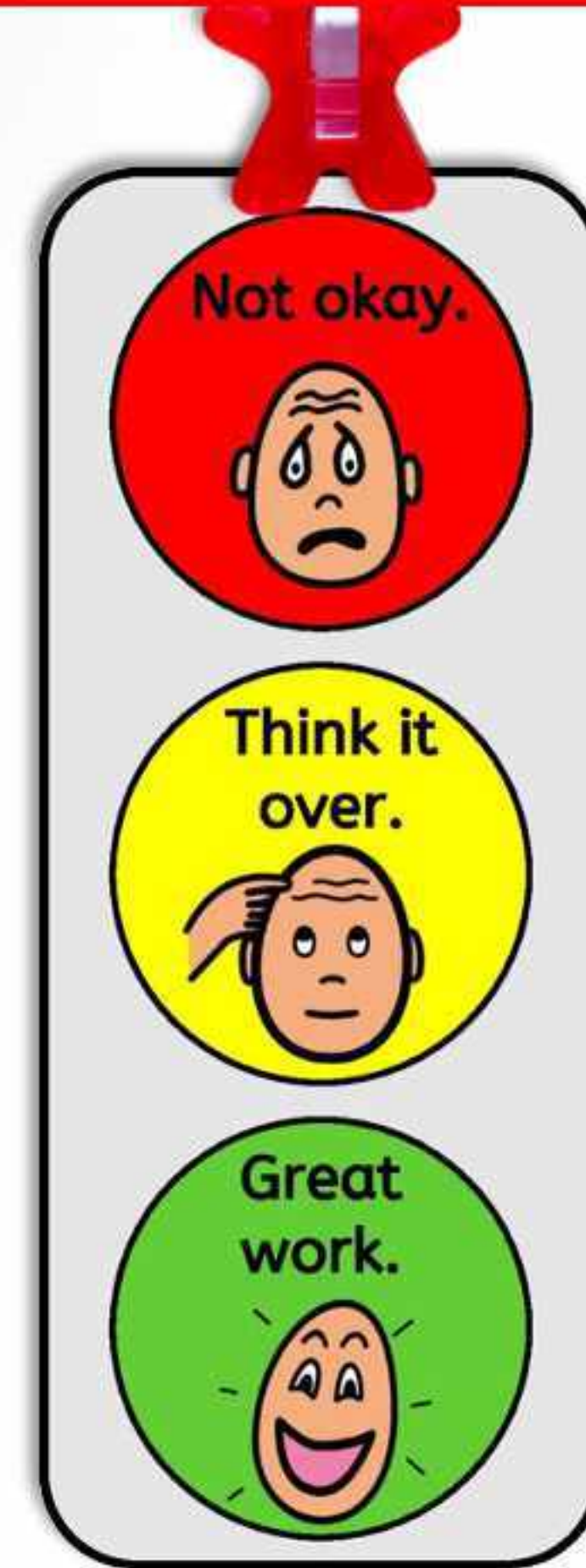
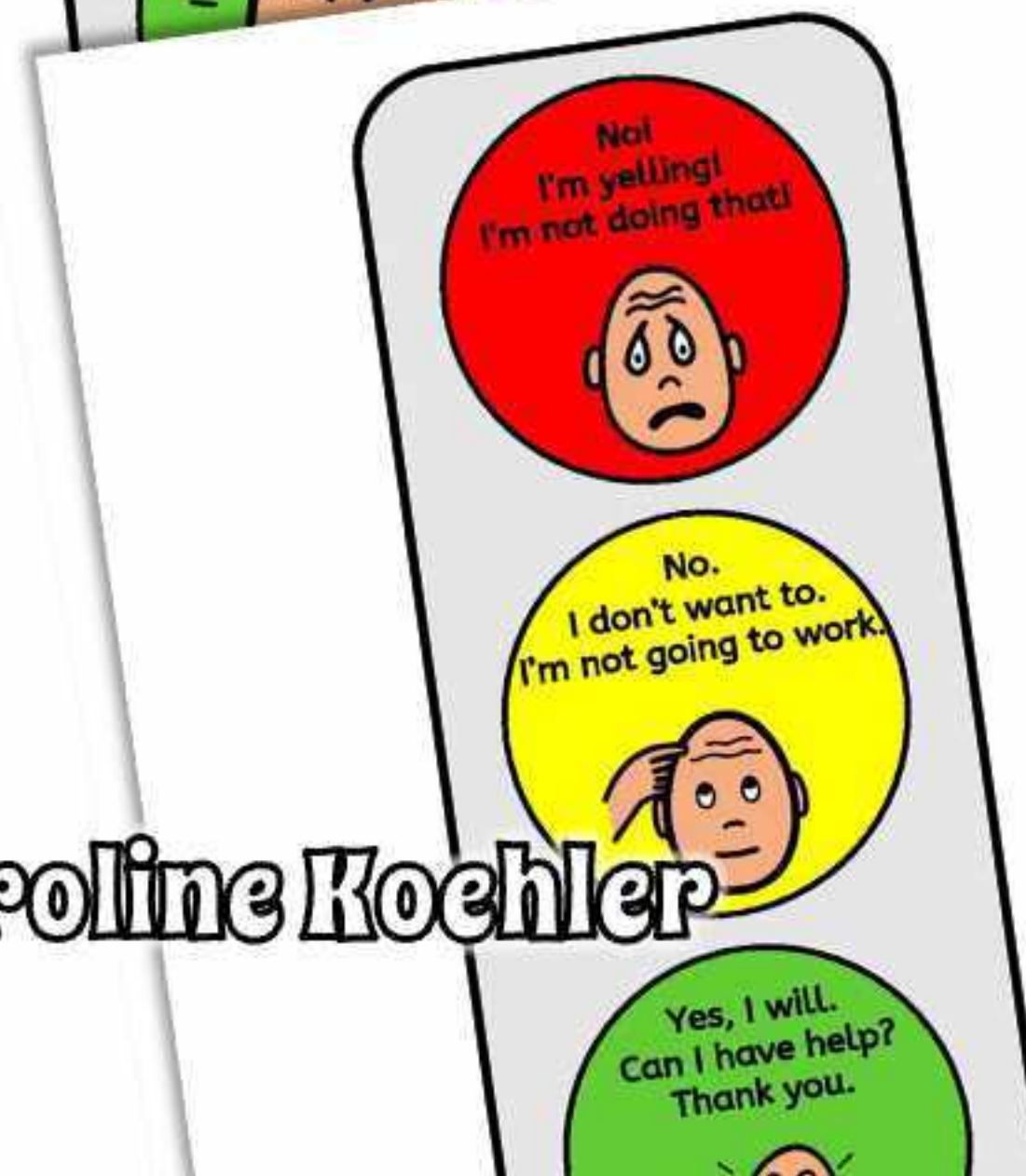
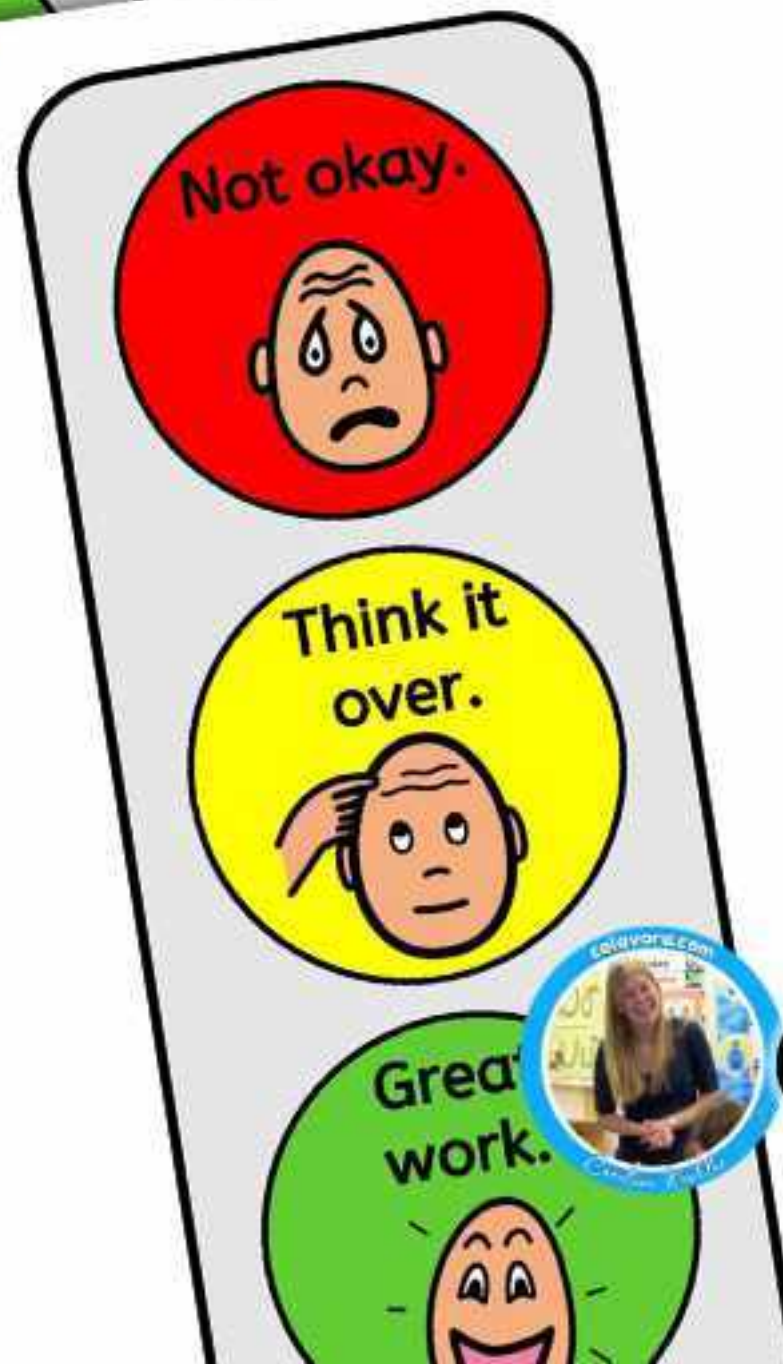
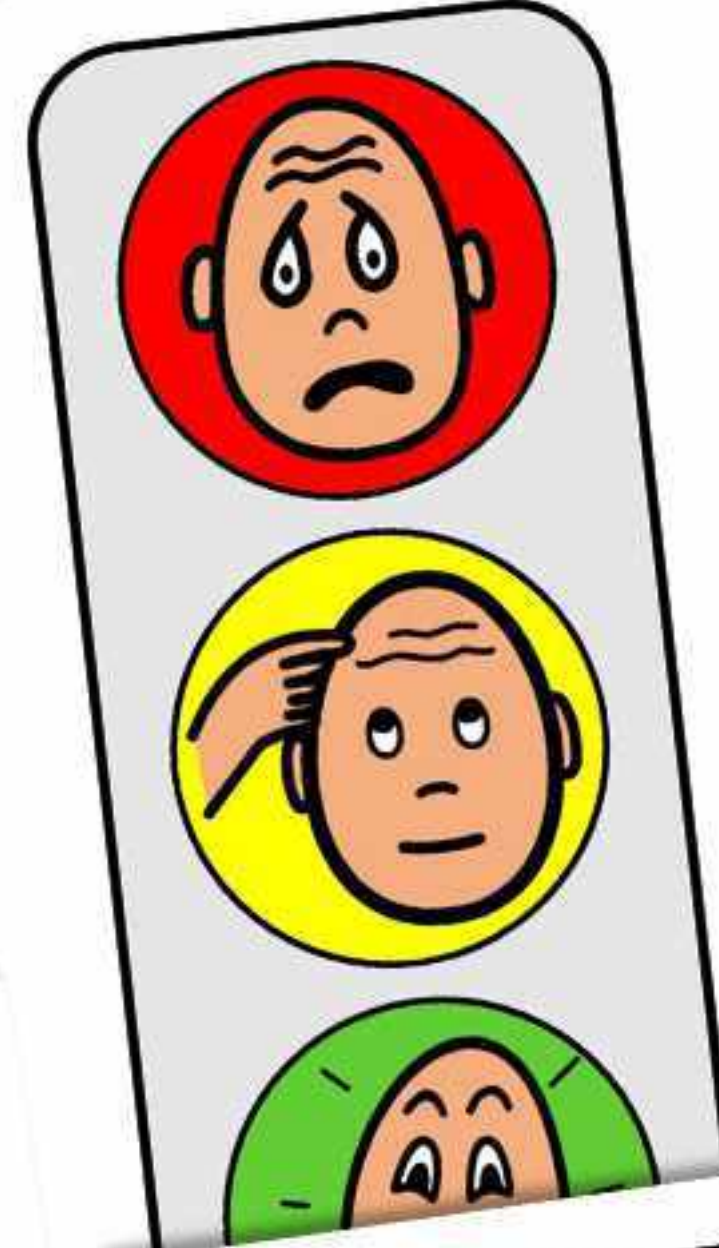
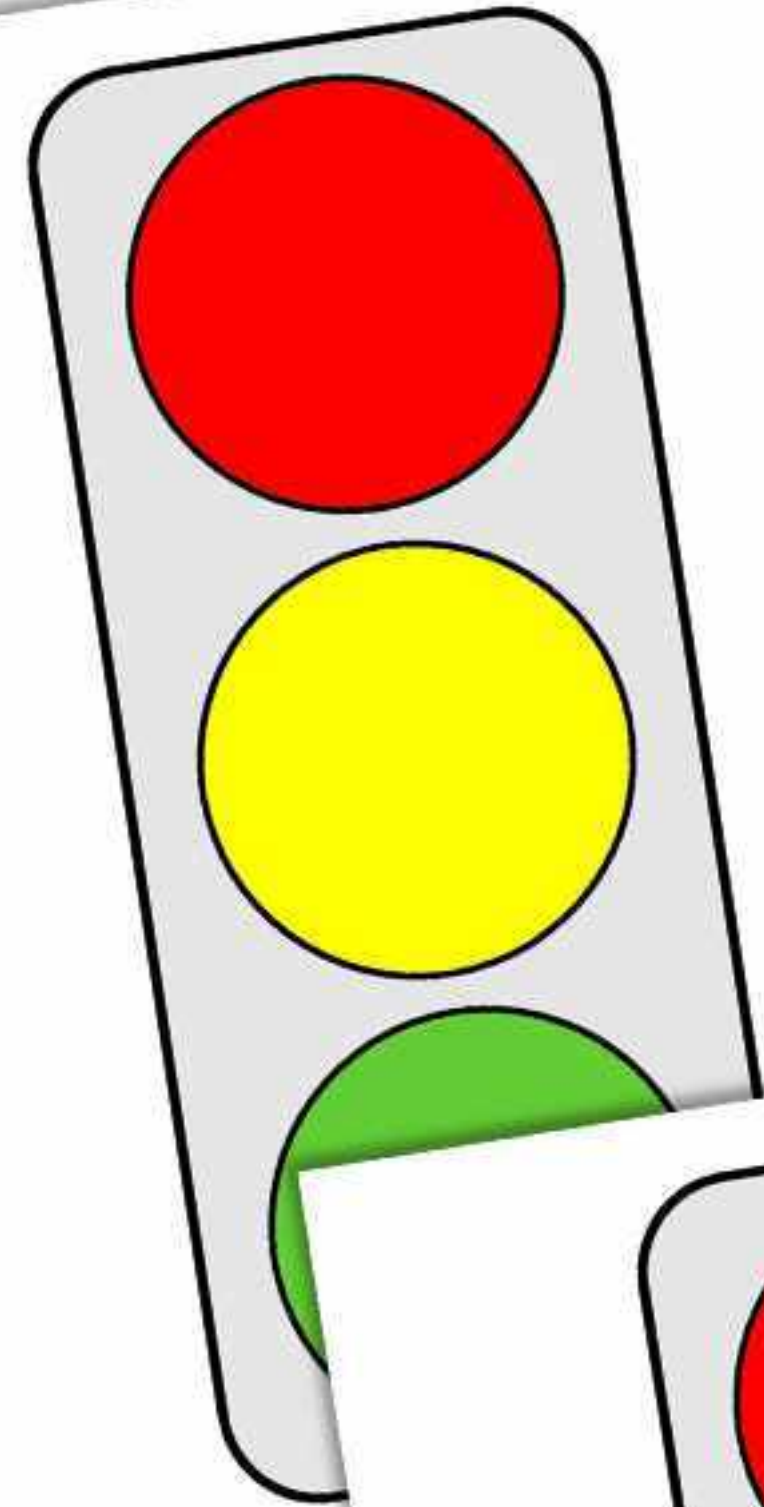
BEHAVIOR CUE CARDS



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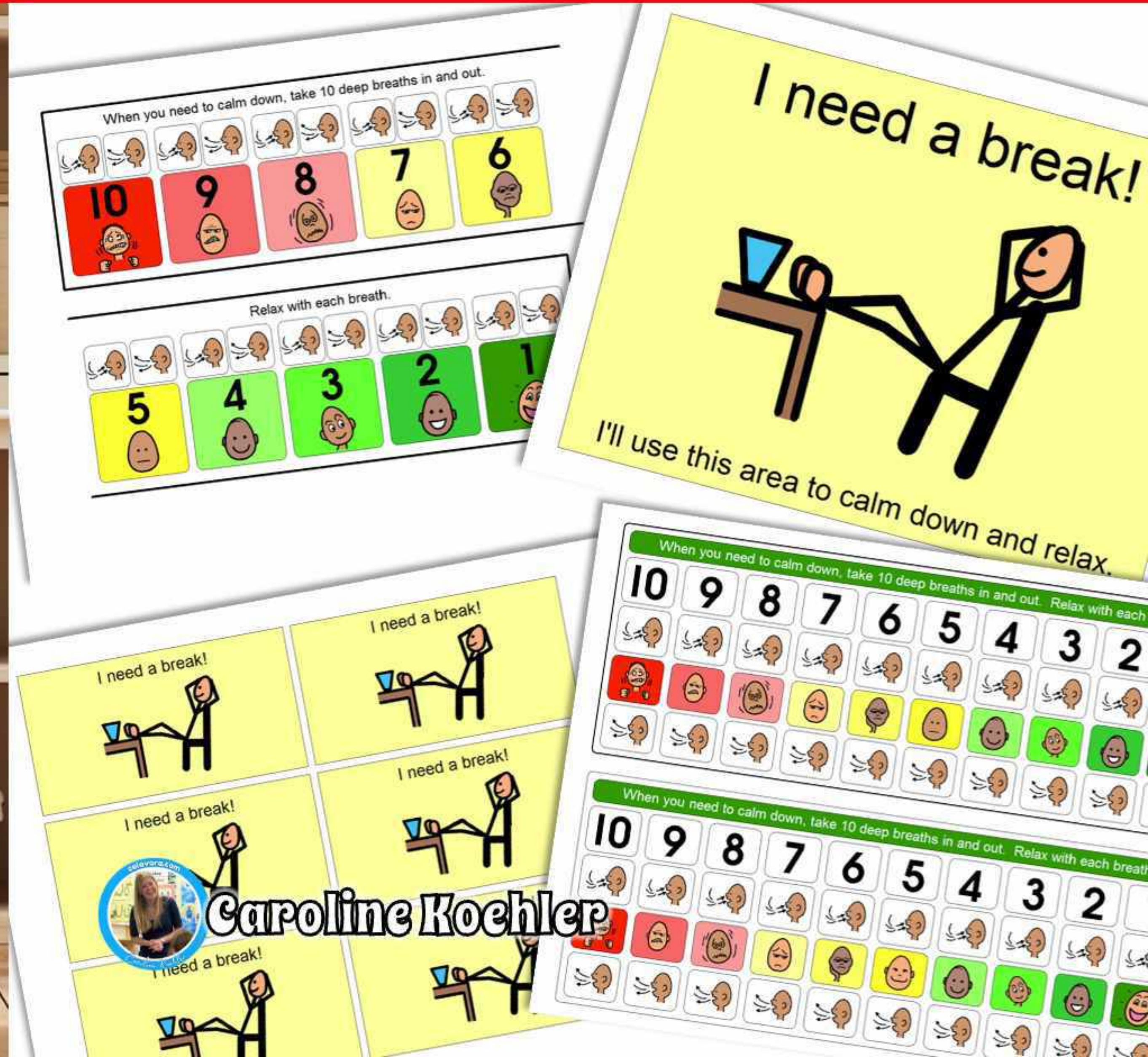
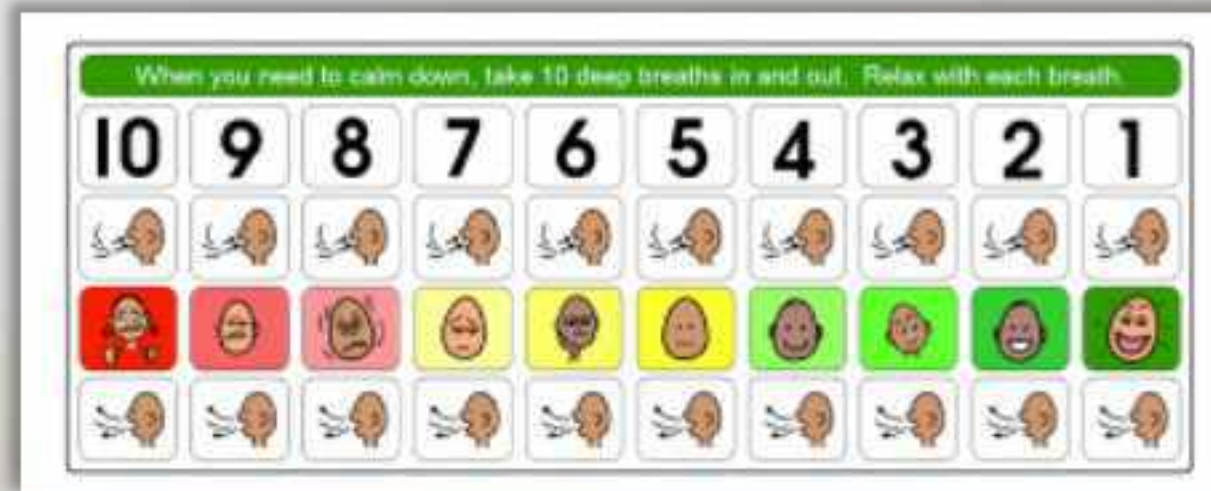
BEHAVIOR STOPLIGHTS



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A child's room with a grey door. On the door is a yellow sign that says "I need a break!" with a cartoon of a person relaxing at a desk. Below the sign is a 10-breath counting chart with a green header and three rows of icons. The room has a wooden floor, a small table with pencils, a teddy bear on a shelf, and a laundry basket.



DESK BEHAVIOR REMINDER

During class, use this sheet to help you tell adults what you need and to remind you what you need to do to be successful.



listen



work



quiet



I need help.



I don't understand.



I need more time.



I need a break.



This is hard.



This is easy.

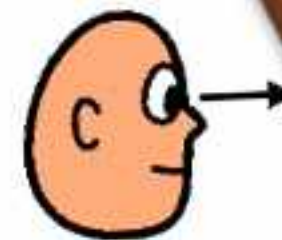
Remember to



raise your hand



look at others



use a quiet voice



look at the teacher



GO!

WAIT

STOP



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DRILL CARDS



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FEELINGS MONITORS

Feelings Choices Explanation

These feelings tell me something is wrong and I need help. **3**

I need to stop and get help with my feelings and thoughts. **2**

These feelings tell me something is not okay. **2**

I need to slow down and get help with my feelings and thoughts. **2**

Feelings Monitor

Feeling out of control. I need help to calm down. **5**

Feeling angry. I need to calm down. **4**

Feeling nervous. Something is bothering me. **3**

Feelings Choices

disgust, angry, frustrated, guilty, hysterical, sad, overwhelmed, mad, scared, fear, upset, anxious, bored, confused, hungry, hurt, nervous, sick, sorry, tired, good, happy, kind, loving, okay, polite, silly, smart

Feelings Choices

Losing control **5**

Feeling angry **4**

Feeling nervous **3**

Feeling fine **2**

Feeling happy **1**

Feelings Choices

disgust, angry, frustrated, guilty, hysterical, sad, overwhelmed, mad, scared, fear, upset, anxious, bored, confused, hungry, hurt, nervous, sick, sorry, tired, good, happy, kind, loving, okay, polite, silly, smart

Feelings Monitor

Feeling fine. Things are okay. **2**

Losing control **5**

Feeling angry **4**

Feeling nervous **3**

Feeling fine **2**

Feeling happy **1**

Feelings Monitor

Feeling out of control. I need help to calm down. **5**

Feeling angry. I need to calm down. **4**

Feeling nervous. Something is bothering me. **3**

Feeling fine. Things are okay. **2**

Feeling happy. Things are going great! **1**

Feelings Choices Explanation

These feelings tell me something is wrong and I need help. **3**

I need to stop and get help with my feelings and thoughts. **2**

These feelings tell me something is not okay. **2**

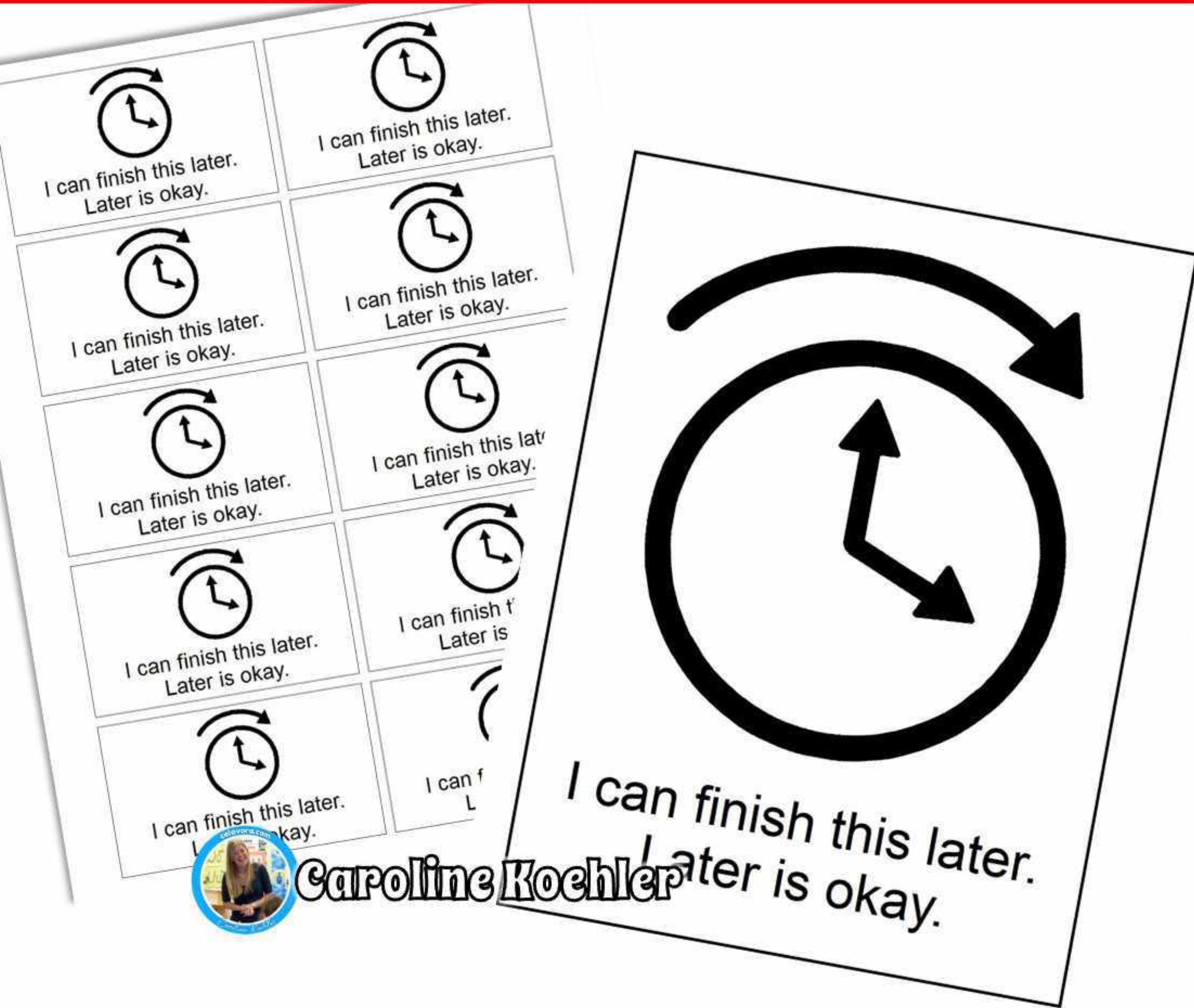
I need to slow down and get help with my feelings and thoughts. **2**

These feelings are great to share with others. **1**

I can go on having a great day. **1**

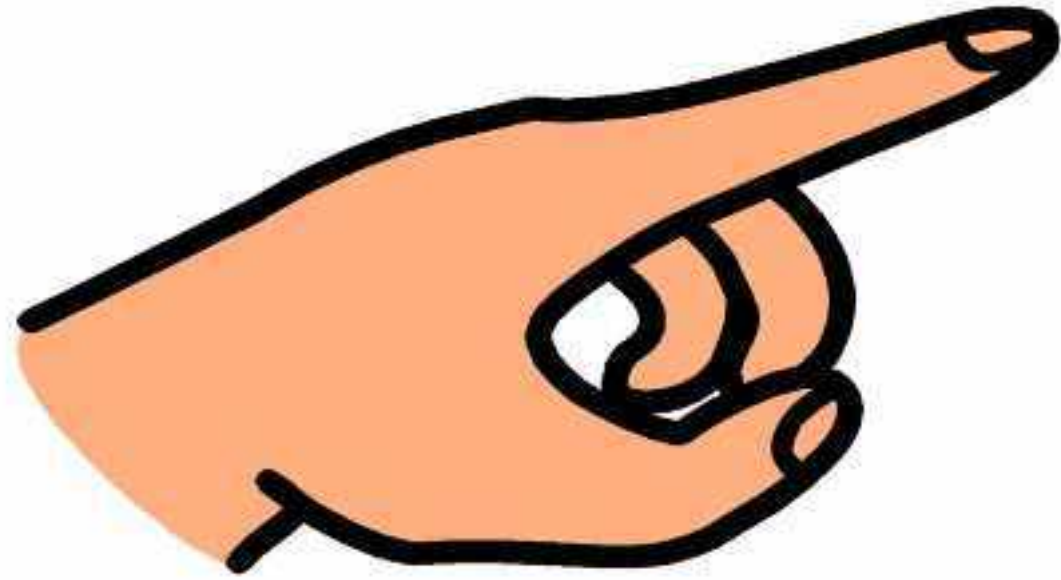
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I CAN FINISH THIS LATER CARDS

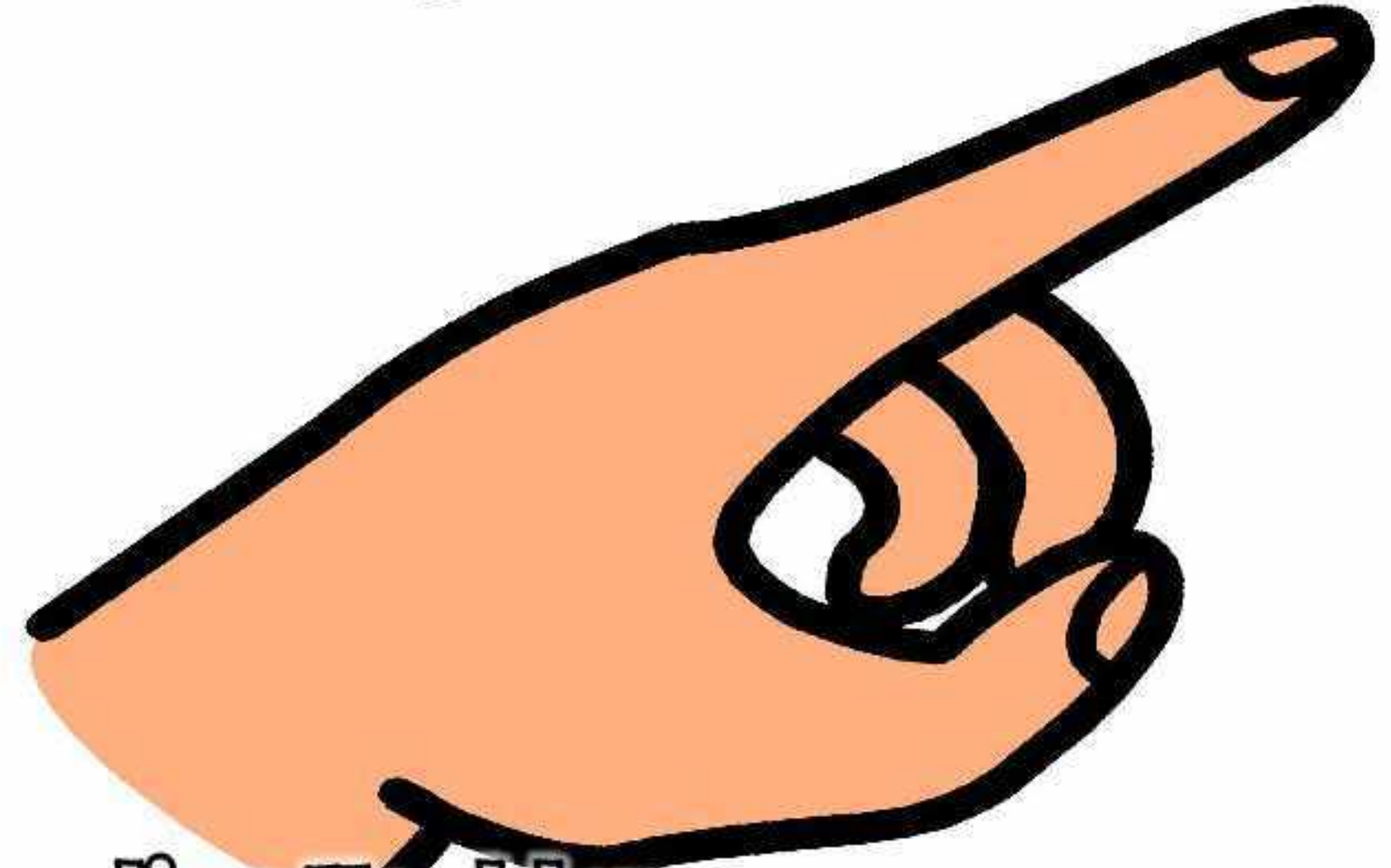


LOOK SIGN

"Look!"



"Look!"

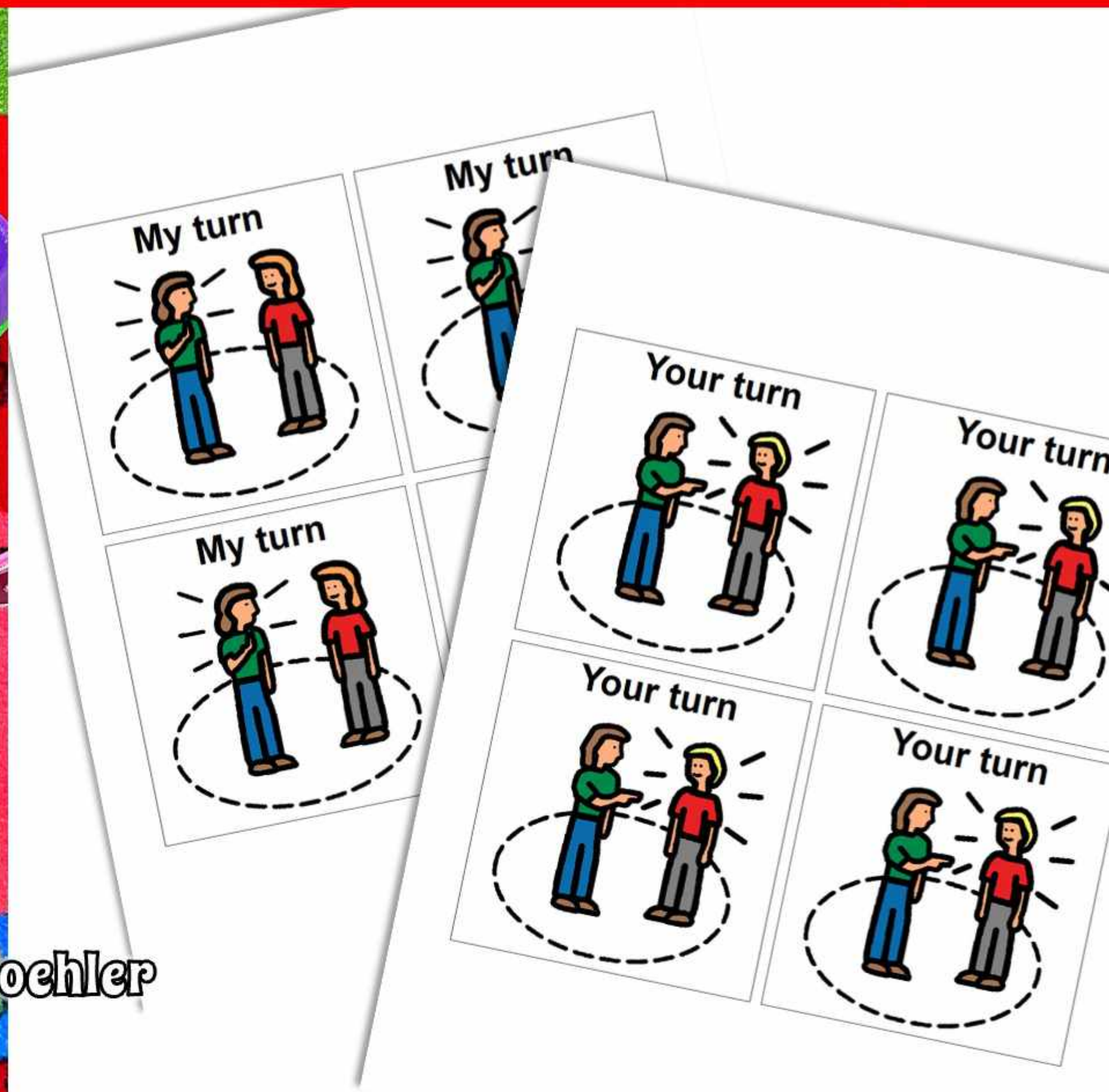


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MORE OR STOP CARDS

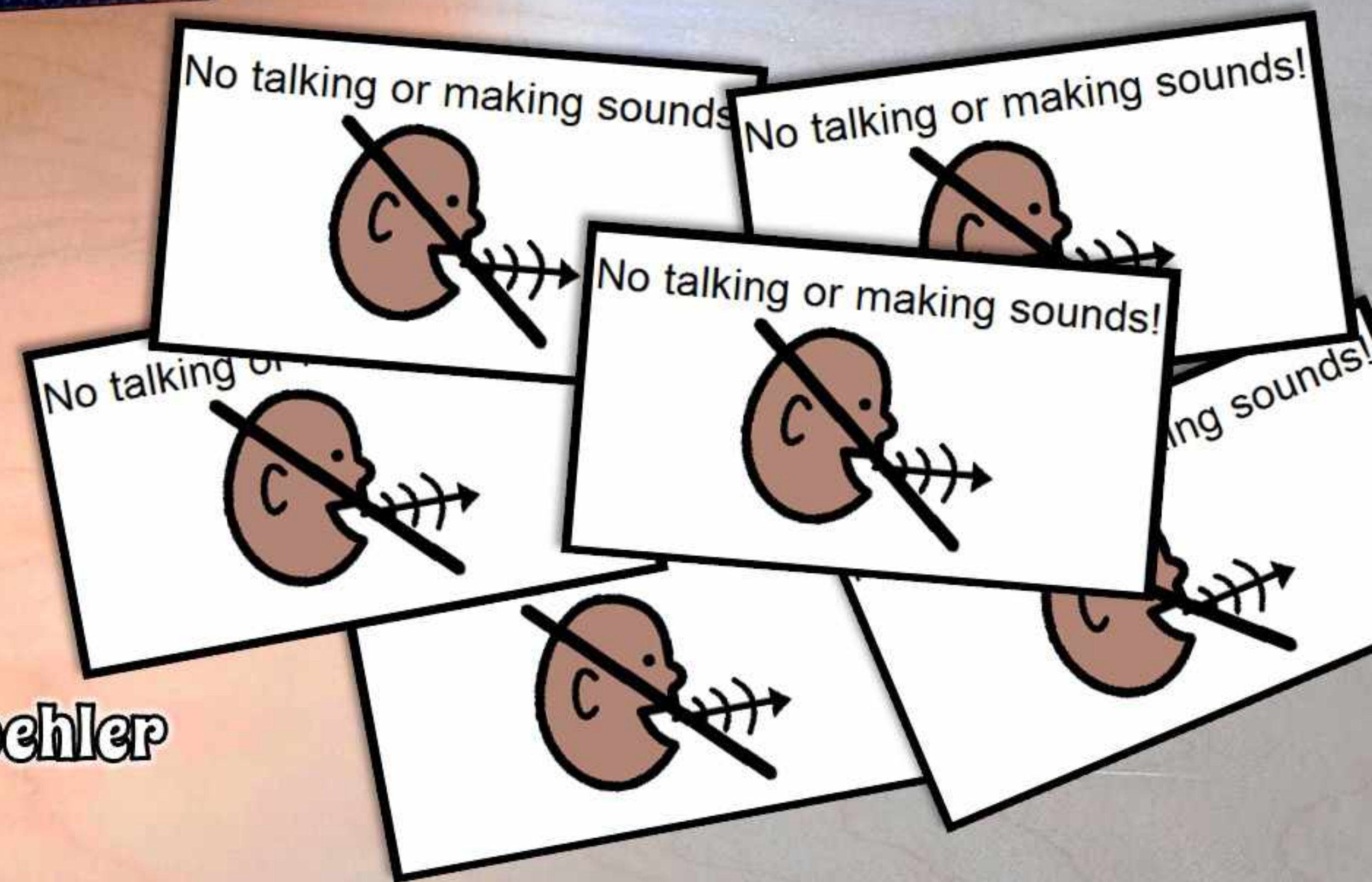
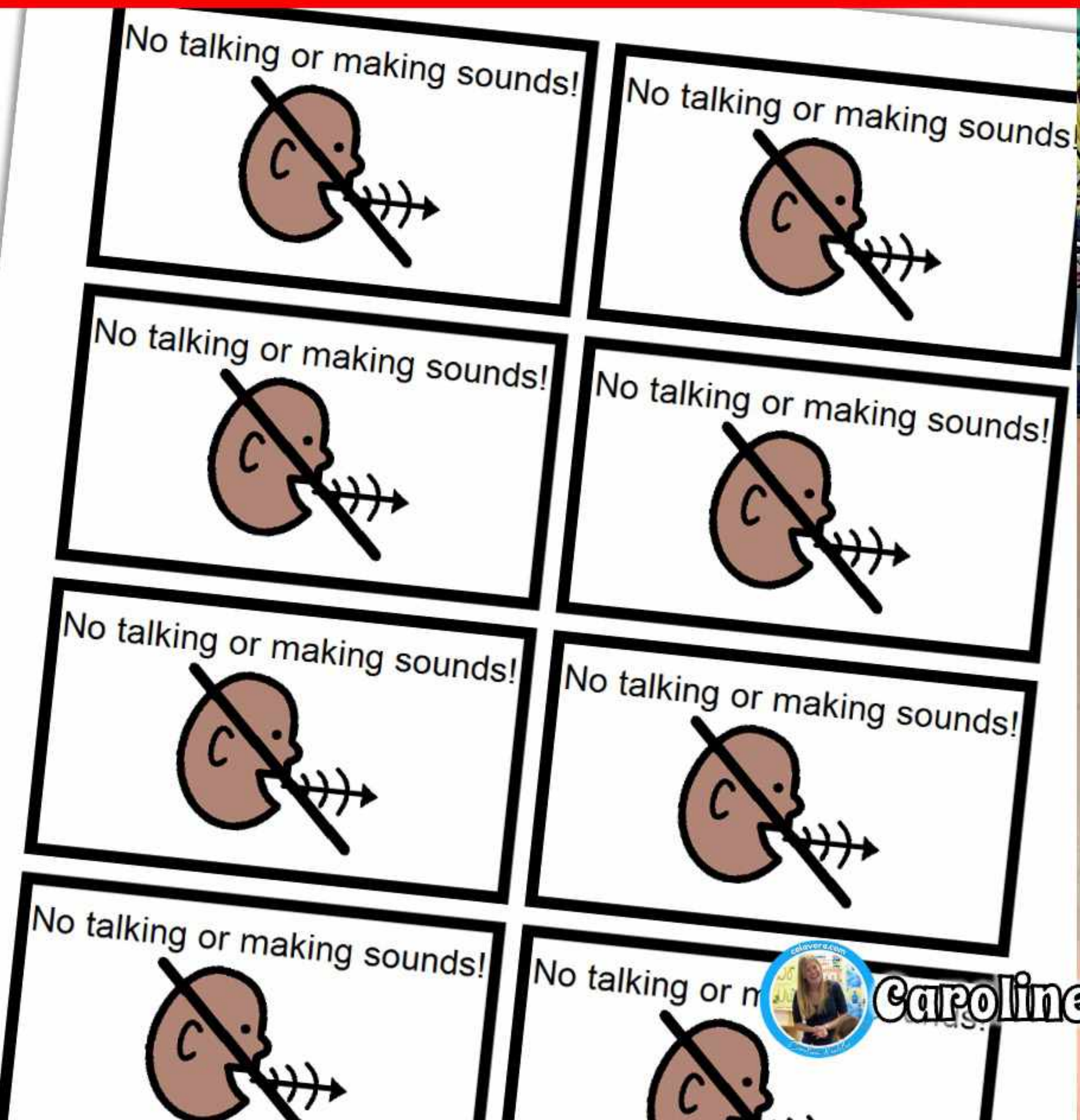


MY TURN-YOUR TURN CARDS



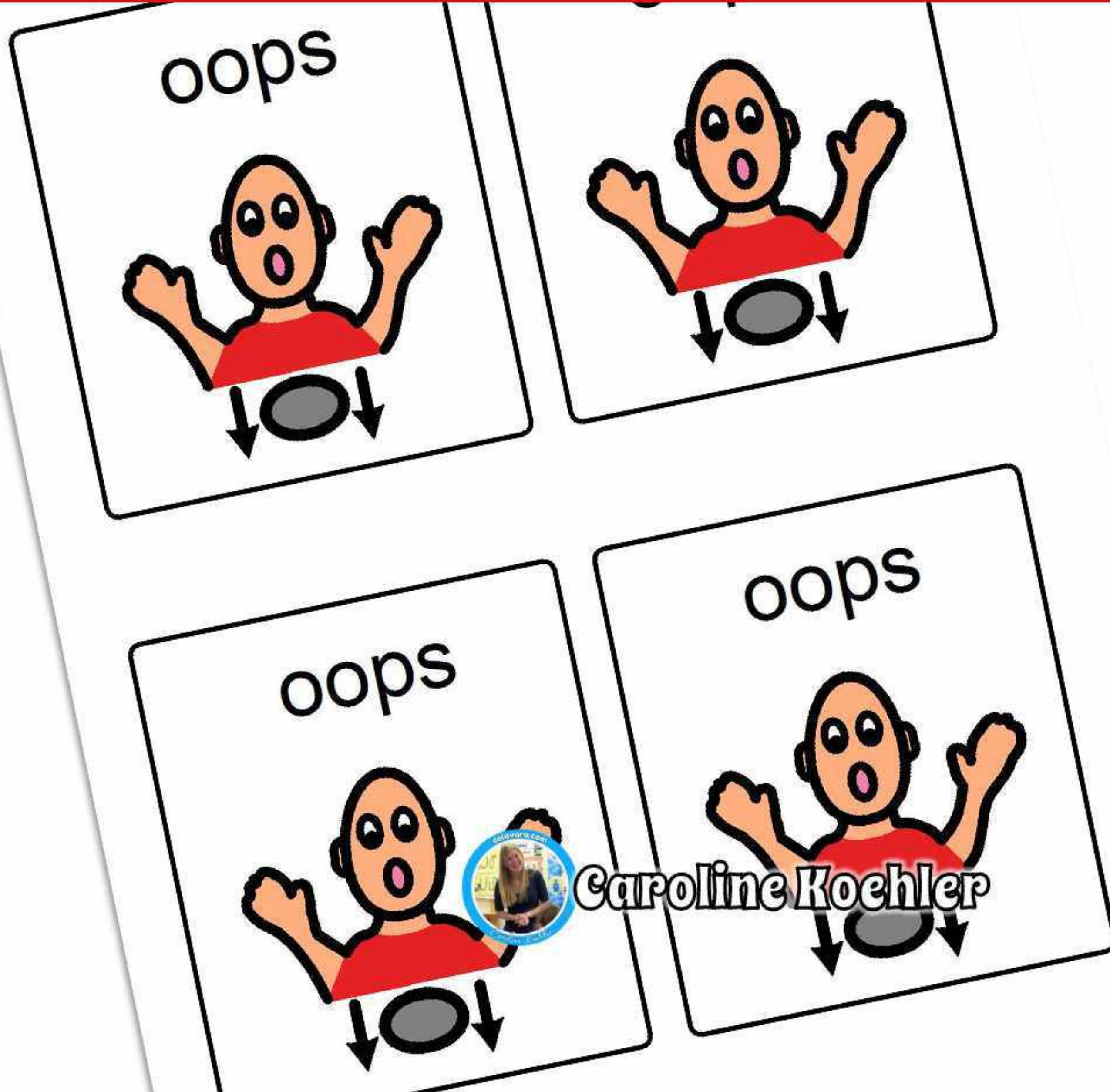
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NO TALKING CARDS

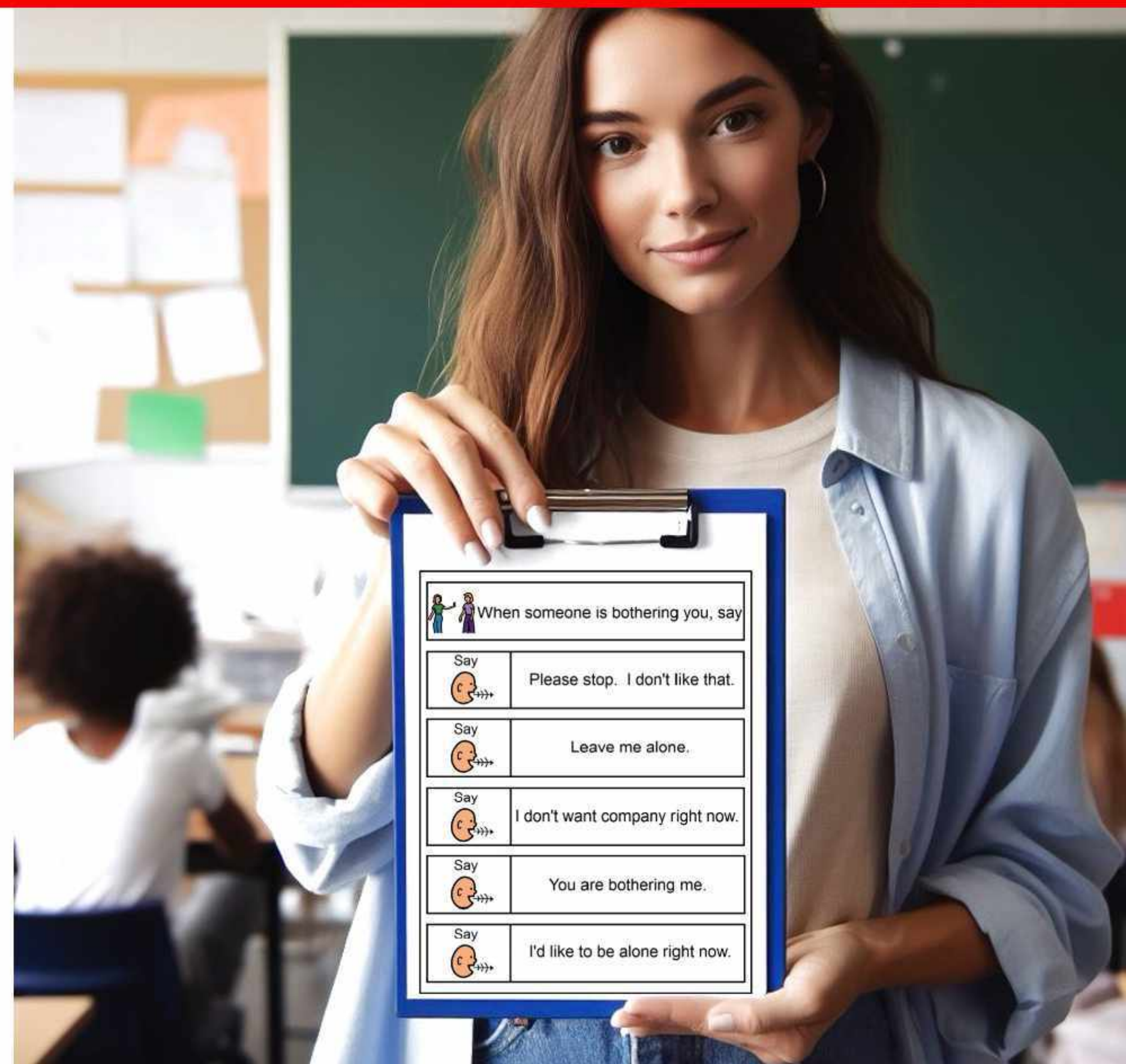
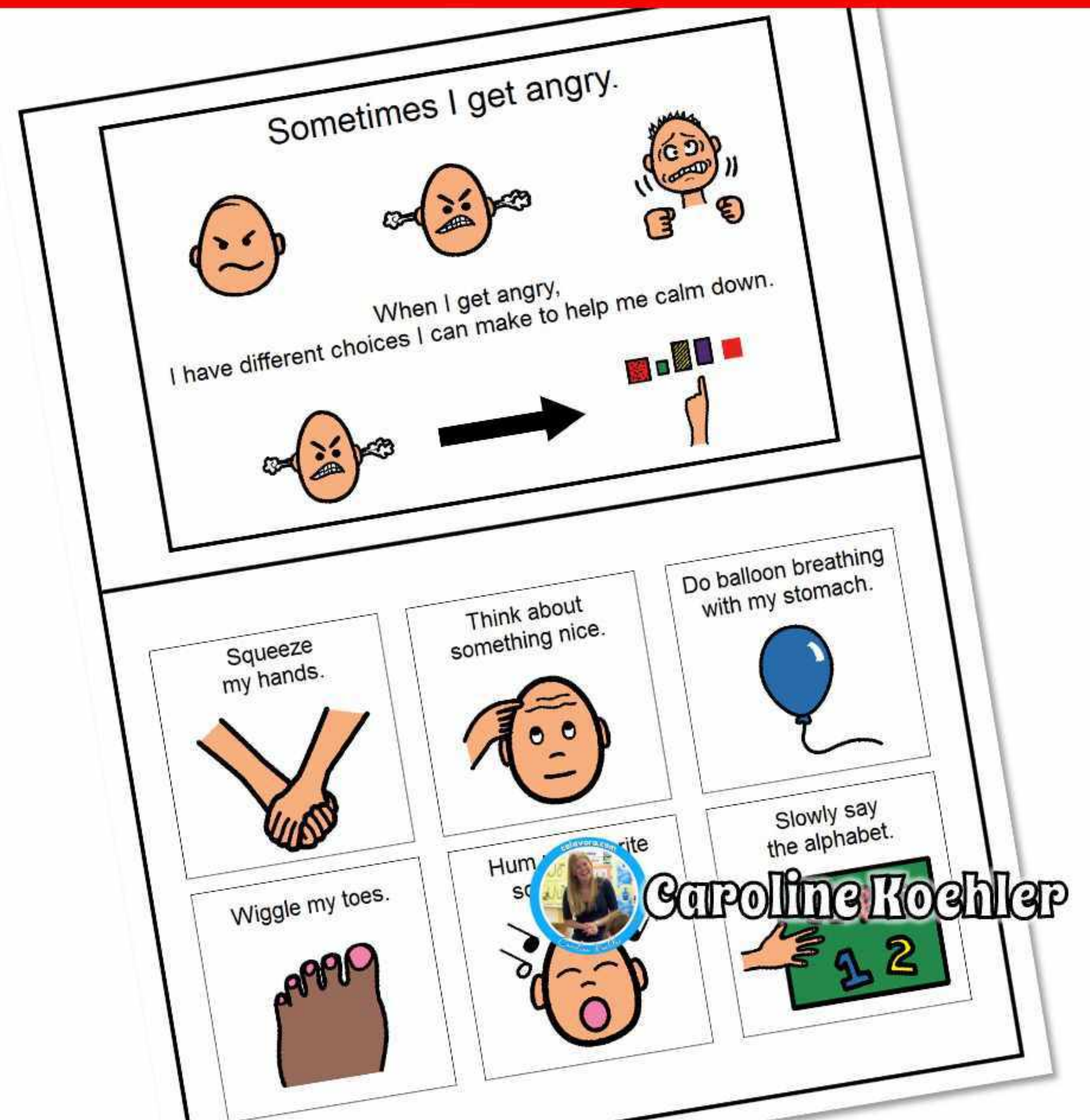


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OOPS CARDS



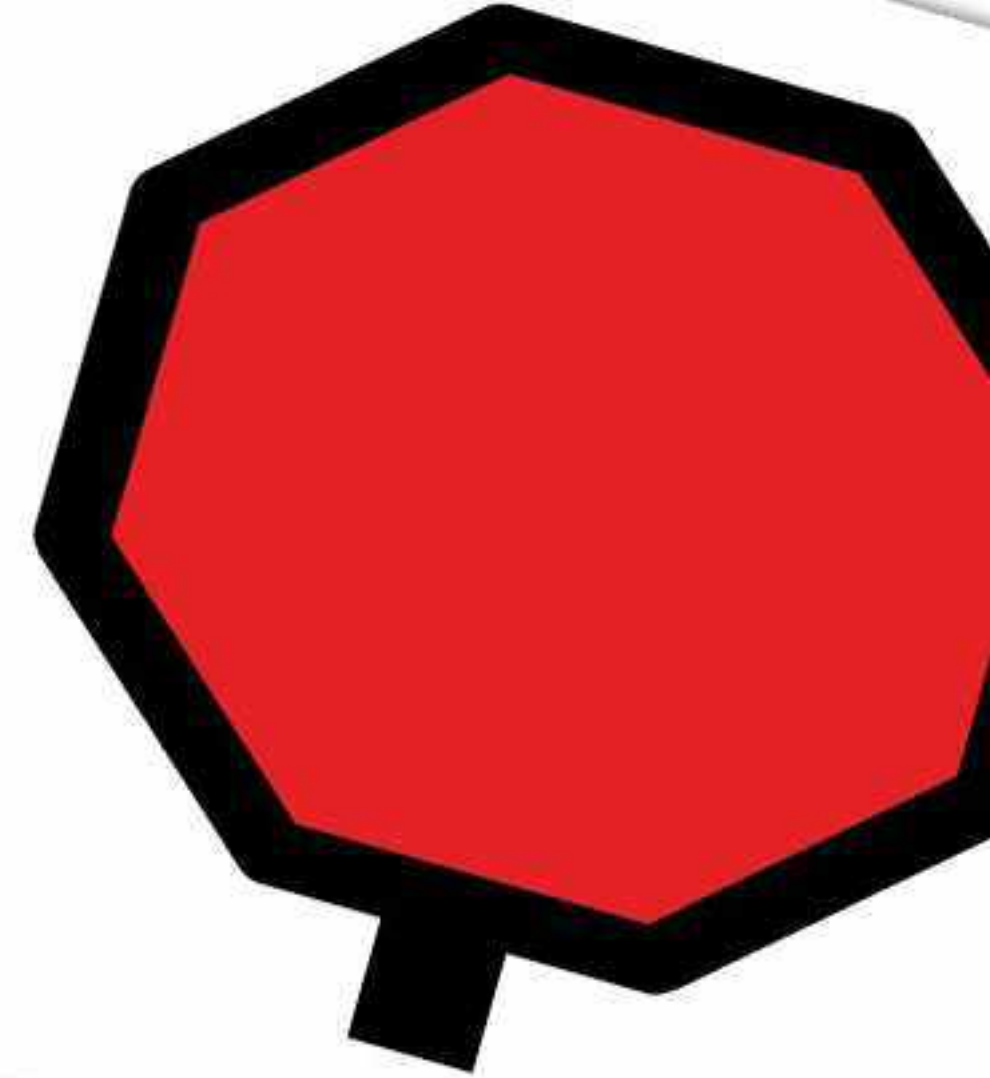
REGULATING FEELINGS



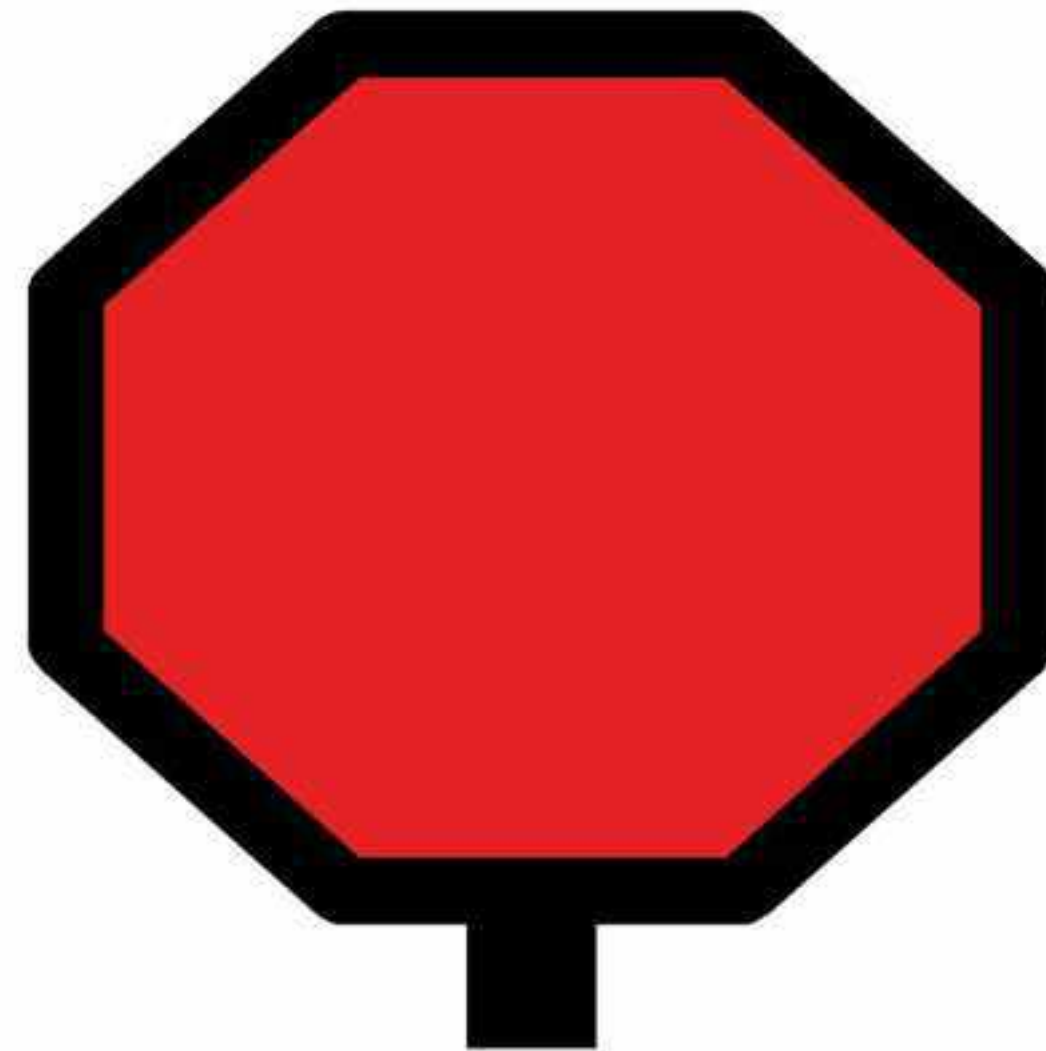
STOP SIGNS + OPEN-CLOSED



This is closed.



This is closed.



This is not a choice.



This is not a choice.



THROW CHOICE IN THE GARAGE



TOUCHING MONITOR TOOL

Touching Monitor



I use my body to injure.
I move with anger and force.
This feels like a lot of pain.

5



I smack to upset people.
I move fast with hard pressure.
This feels like a bee sting.

4



I touch with hi-fives and hand shakes.
I move in a careful, nice way.
This feels like clapping hands.

3



I touch with soft, gentle hands.
I move in a calm manner.
This feels like a tickle.

2



I have my hands to myself.

1

Touching Monitor



Painful injuring

5

I use my body to injure.
I move with anger and force.
This is wrong.
Others feel sad to be around me.
People are worried about everyone's safety.



Smacking to upset

4

I smack to upset people.
I move fast with hard pressure.
This is wrong.
I have a problem and need help.
Others do not want to be around me.



Careful, nice touch

3

I touch with hi-fives and hand shakes.
I move in a careful, nice way.
This is okay.
Others like this if I'm being kind.
If I am too rough, others get upset.



Soft touch

2

I touch with soft, gentle hands.
I move in a calm manner.
This is good.
Others feel comfortable around me.
I have self-control.



Hands to self

1

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Touching Monitor



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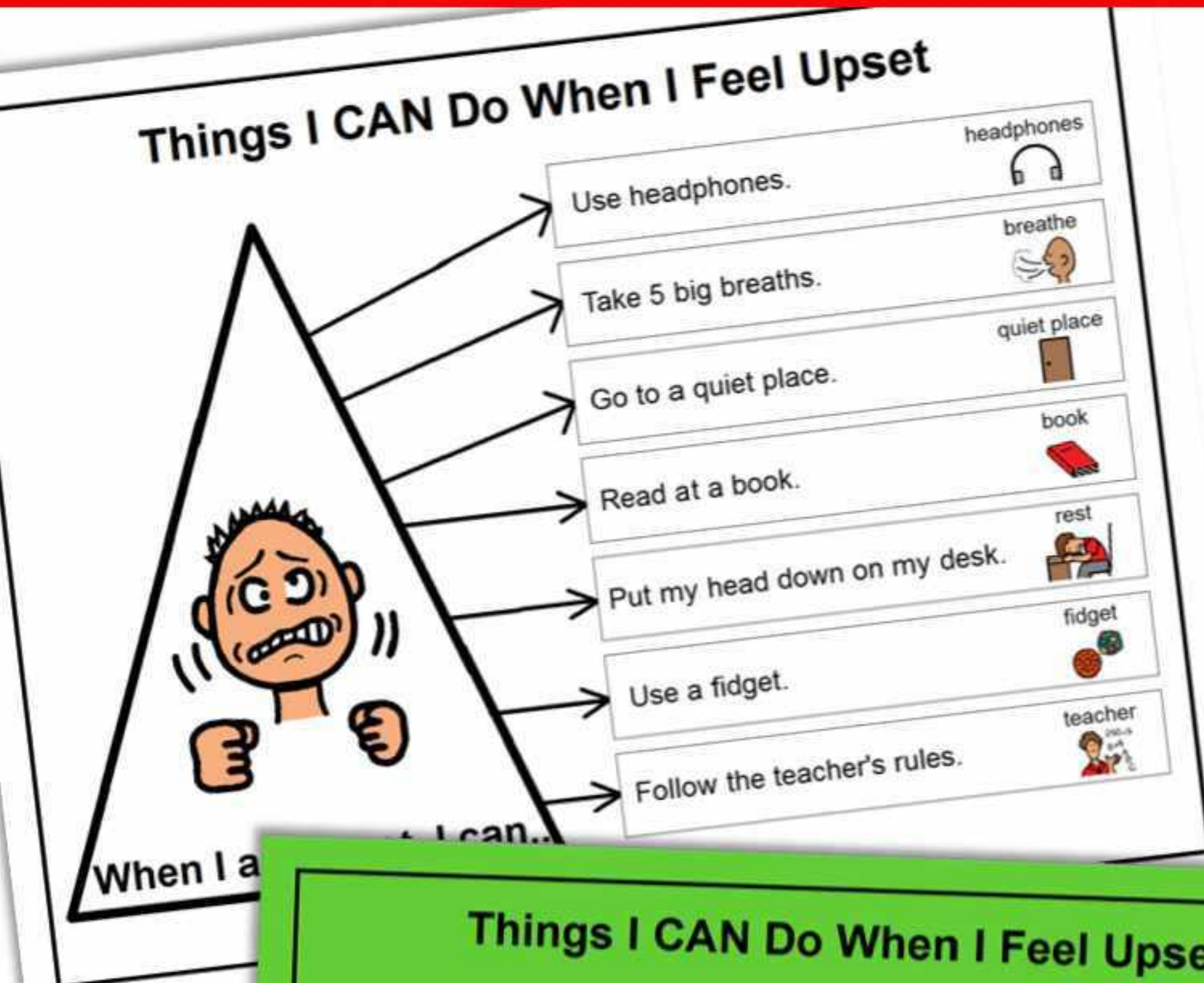
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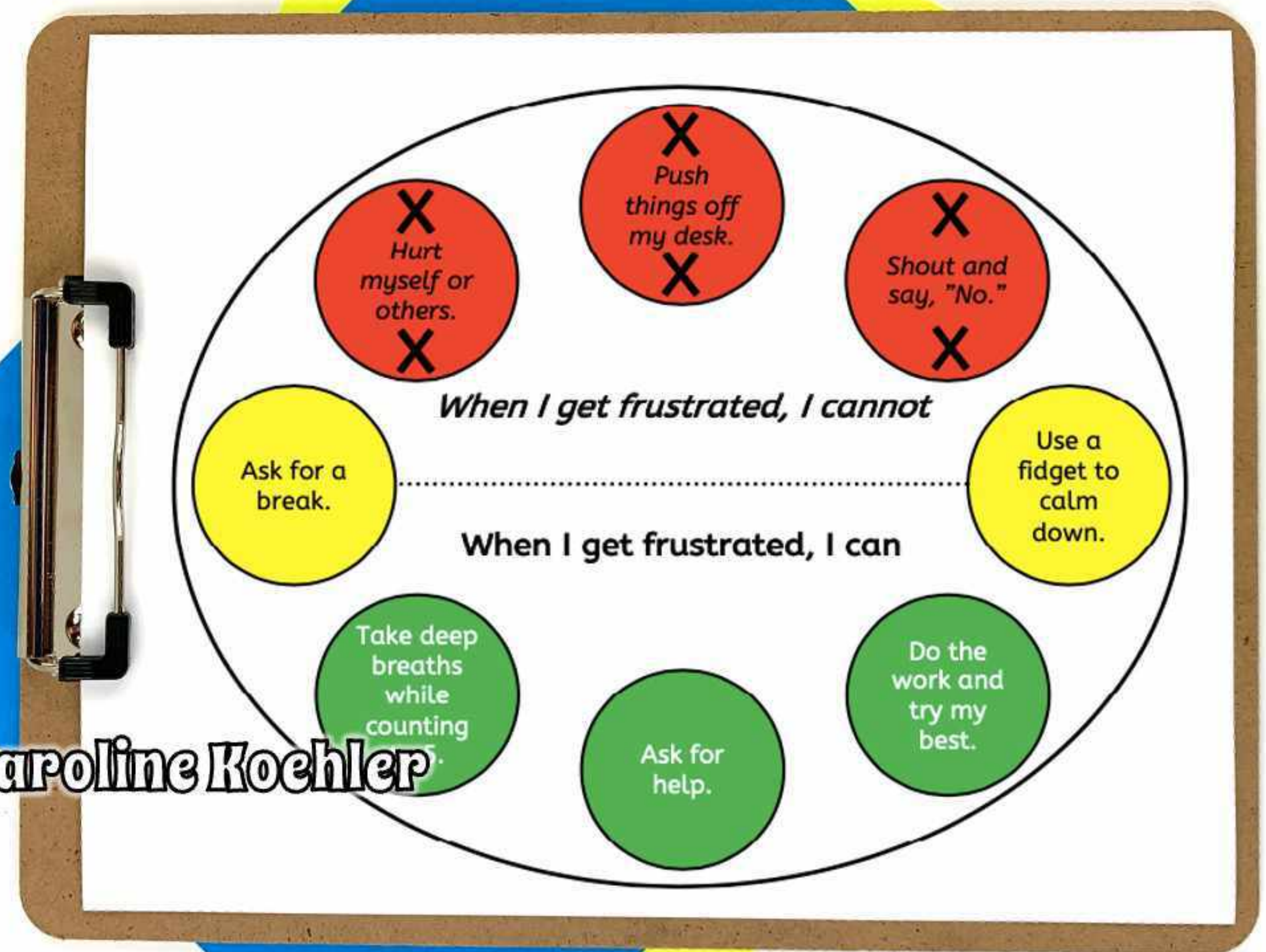
I have my hands to myself.

1

UPSET OR FRUSTRATED



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VOLUME CONTROL VISUALS



Volume Control		
Way too loud!	Yelling voice	There is an emergency.
5		
Too loud!	Outside voice	I can be loud at outside recess.
4		
Just right.	Inside voice	Inside noises are in the classroom, the lunchroom or on the bus.
3		
Too quiet!	Soft voice	Quiet voices are in small groups.
2		
Way too quiet!	No voice	My voice is off when someone else is talking.
1		

Volume Control		
5	Yelling	
4	Loud	
3	Inside voice	
2	Whisper	
1	No talking	



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WAIT CARDS



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WAIT TO TALK CARDS

Please wait 5
minutes to talk to me.



Please wait 1
minute to talk to me.



Please wait 5
minutes to talk to



Please wait 1
minute to talk to me.



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Please wait 1
minute to talk to me.



PRAISE FOR AUTISM VISUALS

★ resource feedback ★

Very helpful visuals for
a variety of needs within
the special education
classroom - very
comprehensive and easy
to prep. - Maggie P.

Autism Visuals Bundle includes

- 👍 59 behavior aids
- 👁️ Visual posters
- ✂️ Teaching tools
- ❤️ Calm down supports
- 📋 Self-regulation visuals
- + Positive behavior management
- 📝 How to use directions



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★ resource feedback ★

This is exactly what my
kid needed. His behavior
improved on the first
day of use!
- Fara B.