

What's happening?	What I can try?	Tools or Support
Struggling to start or stop activity	☐ Use a soft, clear voice ☐ Give time before stepping in ☐ Validate their feelings	☐ First-Then language ☐ Calm tone
Transitions too fast or sudden	☐ Give gentle countdowns ☐ Repeat transitions in advance	☐ Visual timer ☐ Countdown cards
Overwhelmed by sound, light, or touch (sensory overload)	☐ Offer a sensory break ☐ Reduce noise or brightness ☐ Lower talking	☐ Headphones ☐ Sunglasses ☐ Quiet corner
Acting out (e.g., hitting, kicking) or seeking sensory underload	☐ Give big-body movement breaks ☐ Let them push, jump, or carry things	☐ Movement toy ☐ Wall push ☐ Chewy toy
Refusing to stop because it's fun or comforting	☐ Acknowledge the importance of the activity ☐ Allow carry-over (take toy or picture)	☐ Comfort object ☐ Fidget toy ☐ Story about the next step
Next step is unclear or unpredictable	☐ Show what's coming next ☐ Use the same words or visual every time	☐ Visual schedule ☐ Photo of next step
Too frustrated or too upset to move	☐ Pause and co-regulate ☐ Sit nearby and breathe with them	☐ Deep breathing ☐ Say something reassuring (I'm here)
End of transition	☐ Reflect on what helped ☐ Adjust plans gently for next time	☐ Journal notes ☐ Update routine
Unpredictable behaviour-		

Don't know what to do? - Contact a behaviour therapist or a psychologist