



Specialists Training in Autism and Raising Standards

Making a 5 Point Scale

What Does it Feel Like Inside My Body?

Which do you experience?



Heart pounding



Feel dizzy



Face goes red



Clenched teeth



Clenched fists



Start sweating



Fast breathing



Headaches



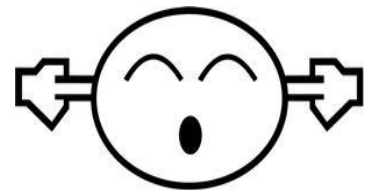
Feel too hot



Feel too cold



Tummy ache



Ringing in ears



Wobbly legs



Blurred vision



Can't breathe

Please note: These resources are to be used once you have an understanding of how to implement them after attending training or following advice from your autism outreach team. If you are not sure how to use them then seek advice first!