

Questions to Ask Yourself About Shutdowns...

Reminder: On page 8 there is a blank page for you to use for extra space!

1) Do I experience shutdowns? Circle one.

Sometimes

Often

Never

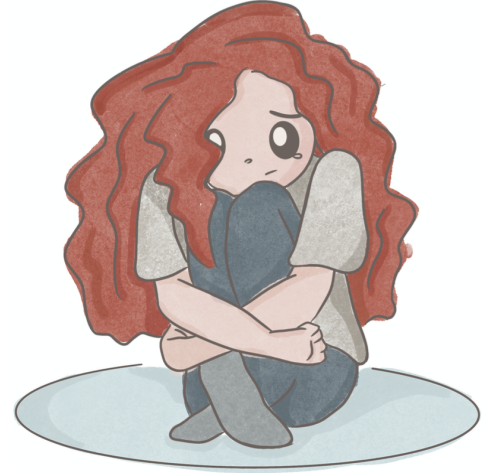
2) If yes, I experience shutdowns... Circle one.

a) Every day

b) Every week

c) Every month

d) Less than the above



3) What are things that make me **more likely** to have shutdowns? (e.g., buildup of stress, unfamiliar environment, sensory issues)

4) In what kind of situations do I **shut down** and/or where do I experience shutdowns? (e.g., when in trouble with a teacher, in an argument with a friend, in a busy place like a subway station)

- 5) What does **shutdown** feel like to me? (ie. feeling frozen, overwhelmed, frustrated)



- 6) What does **shutdown** look like on the **outside**? What might **other people see**?



**Keep Going or
Take a Break!**

You could...use the
doodle page, move
your body, go outside,
or listen to music!

Strategies Other Kids Found Helpful with **Shutdown**...

To Avoid **Shutdown**:

- **Take breaks when needed**
- **Plan ahead** for stressful situations
- **Go into a quiet room** if you are feeling overloaded or overwhelmed by the current room you are in
- **Do something that helps you de-stress** – and if that means doing nothing, that's okay!
- **Have quiet alone time**
- **Turn away from loud noises** that are bothering you in your environment, **or cover your ears** until you are in a quiet space
- **Wear headphones and listen to a song, podcast or YouTube clip**
- **Do an art-based activity** (drawing, painting, colouring, etc.)
- **Work on a puzzle**
- **Sleep**
- **Read a book**

To Manage During a [Shutdown](#):

- **Cover your ears, or curl up**
- **If possible, move to a safe place**
- **Have “communication cards” ready** that you can show a person who is trying to talk to you during a shutdown
 - The cards explain to the other person what a shutdown is and how they can help you in that moment
- **Tell others ahead of time how they can help you and what makes it worse**
 - E.g., Things they can do and say, if it is okay to touch you, let them know if you won't be able to answer their questions in the moment

My Plan for Shutdown

Reminder: On page 8 there is a blank page for you to use for extra space!

My Own Strategies:

1) Things I can do every day to stay calm...

2) I can try to watch out for shutdown. Some signs I might be close to a shutdown are...

3) If I feel a shutdown coming, something I can try to do is...

- 4) If I feel a **shutdown** coming, **something I can say to the person or people around me is...**



- 5) **Things that can help me when I am experiencing a shutdown are...**



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My Support Strategies (Parents/Teachers):

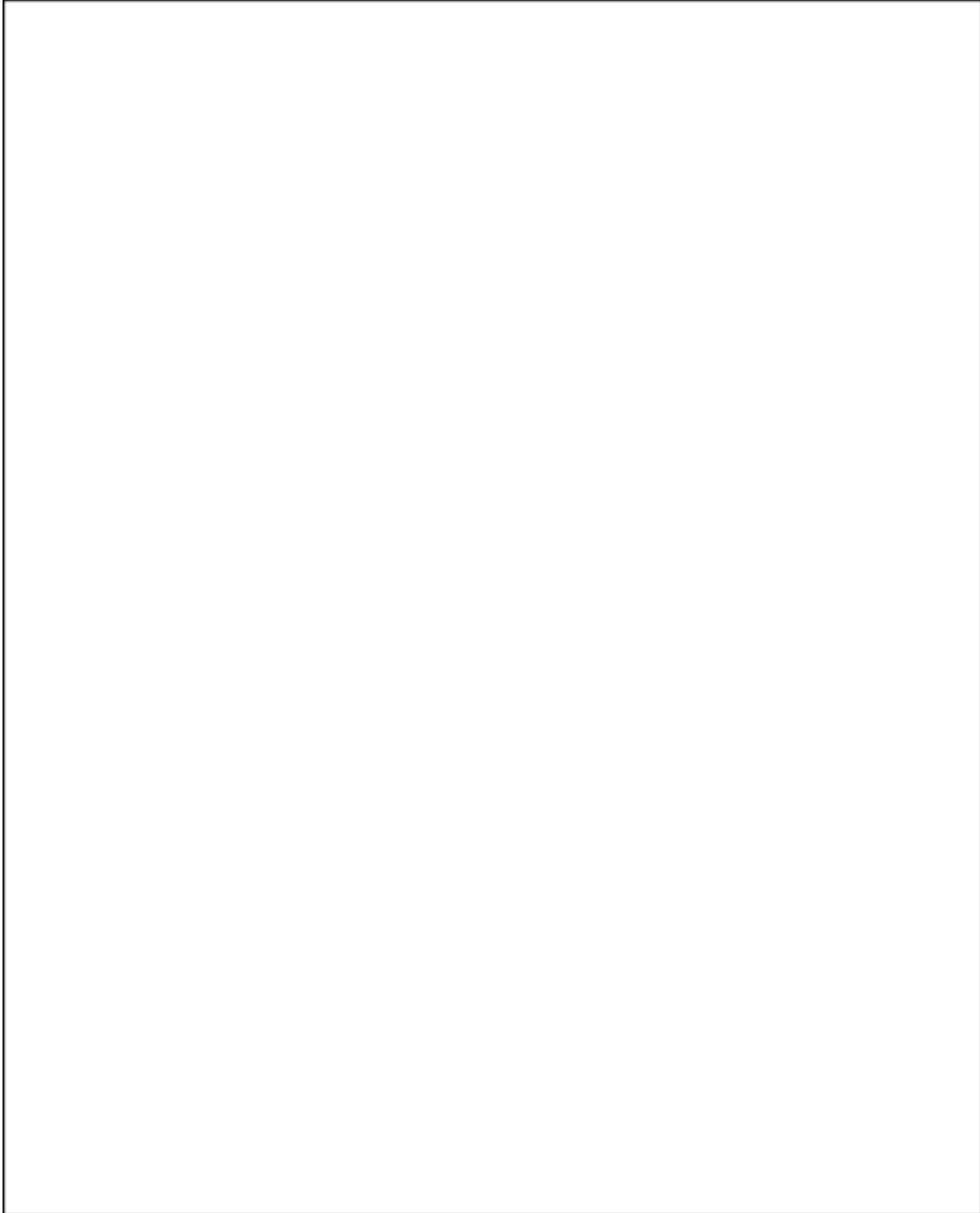
1) Signs that I am in **shutdown** are...

2) Some things a grownup can say or do to help during **shutdown**... (e.g., helping me move to a safe or more private space, specific things that are OK to say at this time)...

3) Some things that make **shutdown worse** are... (e.g., touching me, asking me questions, negative tone of voice)...

Shutdown: **Blank Work Page**

Use this page if you need more room for words and pictures!



Doodle Page

If you would like, use this page to doodle during your breaks!

