



I can be overloaded by



sounds



people



information



sensory  
experiences



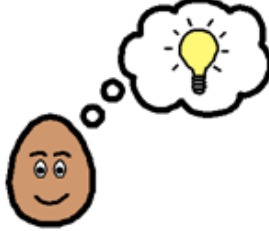
instructions



socialising



confusion



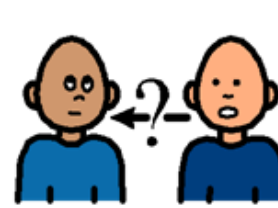
memory



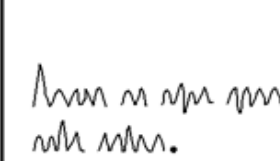
learning



decisions



questions



words



colours



lights



smells



feelings



social media



something else



When I am overloaded I might



shout



scream



swear



cry



hurt myself



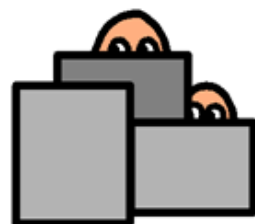
throw things



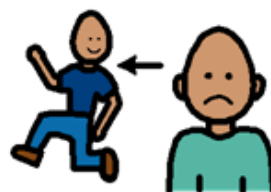
hurt others



unkind



hide



run away



lie down



not move



become silent



lose focus



try to distract  
others



argue

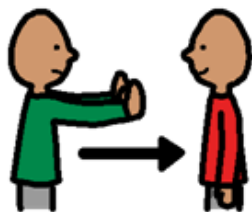


something else





# When I am overloaded I need



space



silence



weighted  
resource



a hug



time alone



to walk outside



to leave



fidget  
resources



music



my book



to lie down



to run



to dance



Lego



to talk to  
someone



to argue



5 minutes on  
my iPad



something else