

# CALMING VS. STIMULATION CHART

A breakdown of activities that help either calm or stimulate your child depending on behavior.

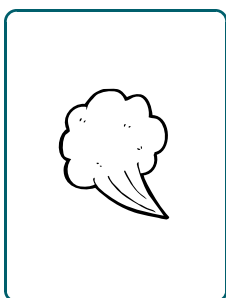
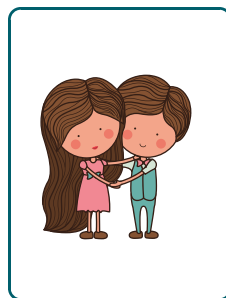
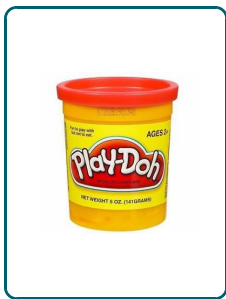
This chart is designed to help caretakers, teachers, grandparents or anyone who spends time with your child. It is a great way to help others understand what your child needs (especially when they see sensory behaviors) in a clear visual detailed way.

If you would like this customized to your child's specific needs please contact me  
[pishtoposh@gmail.com](mailto:pishtoposh@gmail.com)

# WAYS TO HELP ME

## CALMING

I need help calming my body during transitions, loud places and when I can not calm myself down.



## STIMULATING

I need help stimulating my body when I get restless, when I am expected to sit still a lot or remain quiet for a long time.

