## **Strategies to Improve Control**

Choice

\*Social Narratives

Cartooning / Graphic Novels

**Positive Affirmations** 

**Progressive Relaxation** 

\*Five Point Scale

Social Behavior Mapping

Regulated Breathing

## **Strategies to Support Demands**

\*\*Home Base

Movement and Sensory Breaks

\*Schedules

**QR** Codes

**Videos** 

**Transition Items** 

\*\*Removing Threats / Distractions

## **Strategies to Increase Support**

Assistive Technology and Videos Doodling or Journaling Visual Timers
\*\*Teach Hidden Curriculum

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Co-Regulation

Strategies to Build Relationships and \* Peer Mediated Instruction and Interventions

- \* Modules available on Autism Internet Modules web site and may apply to students with and without autism based on unique needs of students <a href="http://www.autisminternetmodules.org/">http://www.autisminternetmodules.org/</a>
- \*\* Strategies highlighted on Organization for Autism Research Understanding Autism web site and may apply to students with and without autism based on unique needs of students

https://researchautism.org/resources/curriculum-in-a-box/understanding-autism-professional-development-curriculum/