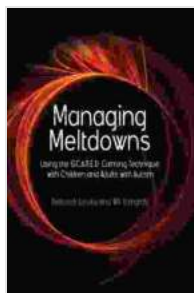


# Discover the Power of The Calming Technique for Autism: A Comprehensive Guide for Children and Adults



## Managing Meltdowns: Using the S.C.A.R.E.D. Calming Technique with Children and Adults with Autism

by Lee Holmes

★★★★☆ 4.5 out of 5

Language : English

File size : 502 KB

Text-to-Speech : Enabled

Word Wise : Enabled

Print length : 80 pages

Screen Reader : Supported



Autism Spectrum DisFree Download (ASD) presents unique challenges for individuals of all ages, including difficulties with emotional regulation and anxiety. The Calming Technique, a simple yet effective intervention, empowers children and adults with autism with practical strategies to manage these challenges.

Developed by renowned speech-language pathologist and autism expert, Dr. Stephen Shore, The Calming Technique has been proven to reduce stress, anxiety, and challenging behaviors in individuals with ASD. This comprehensive guide provides an in-depth exploration of the technique, its benefits, and step-by-step instructions for implementation.

## Benefits of The Calming Technique

- Reduced stress and anxiety
- Improved emotional regulation
- Enhanced self-soothing abilities
- Increased resilience
- Reduced challenging behaviors
- Improved communication and social interaction

## **How to Use The Calming Technique**

### **Step 1: Identify Triggers**

The first step is to identify situations or experiences that trigger stress or anxiety in the individual. These triggers can be sensory (e.g., loud noises, bright lights), social (e.g., crowds, unfamiliar people), or emotional (e.g., feeling overwhelmed, frustrated).

### **Step 2: Practice Deep Breathing**

Deep breathing exercises are essential for calming the nervous system. Instruct the individual to inhale deeply through their nose, filling their lungs with air. Hold their breath for a few seconds, then exhale slowly through their mouth.

### **Step 3: Use Visualization Techniques**

Visualization is a powerful tool for creating a sense of calm. Encourage the individual to close their eyes and imagine a peaceful place or activity. They can focus on the sights, sounds, smells, and feelings associated with this place or activity.

## **Step 4: Engage in Sensory Activities**

Sensory activities can help soothe and regulate the nervous system. Provide the individual with calming sensory toys or activities, such as weighted blankets, fidget toys, or calming music.

## **Step 5: Use Positive Self-Talk**

Positive self-talk can help challenge negative thoughts and promote a sense of calm. Encourage the individual to repeat positive affirmations to themselves, such as "I am strong," "I can handle this," or "I am safe."

## **Implementation for Children and Adults**

The Calming Technique can be adapted for both children and adults with autism. For children, it is important to use simple language and break down the steps into manageable parts. Adults may require more structured and personalized instruction.

In addition to the basic steps, here are some additional tips for implementation:

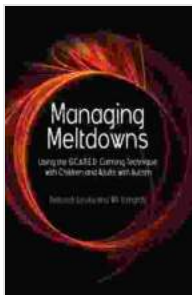
### **For Children:**

- Incorporate The Calming Technique into daily routines, such as bedtimes and transitions.
- Use visual aids, such as charts or posters, to remind children of the steps.
- Make The Calming Technique fun by incorporating games and activities.

### **For Adults:**

- Customize the technique to meet individual needs and preferences.
- Use timers or reminders to practice The Calming Technique throughout the day.
- Consider seeking support from a therapist or counselor to facilitate implementation.

The Calming Technique is a transformative tool for children and adults with autism, empowering them with strategies to manage stress, anxiety, and challenging behaviors. This comprehensive guide provides a roadmap for implementation, ensuring that individuals with autism can unlock their full potential and live more fulfilling lives.



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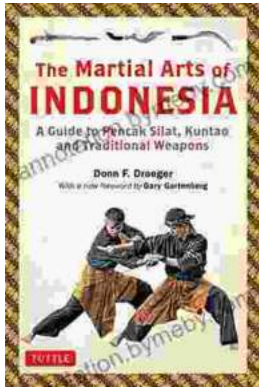
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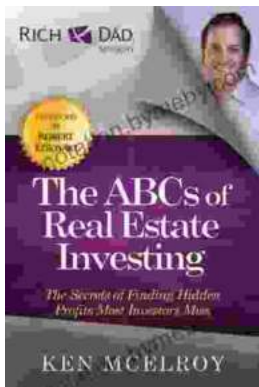
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