Power UP!
3+ Levels

Power UP!
2 Levels

Run
Jump
Swing
Touch Toes
Take Break

Walk
Hug
Stretch
Eat / Drink
Take Break
Power UP!
1 Level

I don’t know.

- Fidget
- Chair Pushups
- Squeeze hands
- Use Schedule
- Ask for Help
- Take Break
  - Space
  - Quiet
  - Rest
  - Time
Something is Different.

Help Me

Take Break
- Space
- Quiet
- Rest

A few other strategies to consider

Clap Hands

Chew Gum

Hold Hands

Stand Up
I don’t know.
Something is Different.
Power Down!
3+ Levels

Run
Help Me
Take Break

Power Down!
2 Levels

Jump
Dance
Take Break

Chair Pushups
Walk
Flap
Talk to Myself
Take Break
Power Down! 1 Level

Fidget
Hug
Rock
Use Schedule
Ask for Help

I don’t know.

Take Break

Space
Quiet
Rest
Time
Something is Different

Help Me

Take Break
- Space
- Rest
- Quiet

A few other strategies to consider

Clap Hands

Chew Gum

Hold Hands

Stand Up
Power Down!
3+ Levels

Power Down!
2 Levels
Power Packs- Power Down

Power Down!
1 Level

I don’t know.

?
Something is Different