

Things to look for when an Honored Guest is feeling overstimulated or their nervous system is dysregulated:

1. Watch for someone covering their ears or eyes.
2. Take notice of sudden change in mood or behavior.
3. Pay attention to indications or mentions of physical discomfort.

Fight, Flight or Freeze is a neurological response, not a behavior

- If you see any signs of this, help your Honored Guests get away from the overload of sensory input and go to the Sensory Room or Calm Space.

How to Transition to the Calm Space or Sensory Room:

1. Describe the room and suggest going there at a set time.
2. Use a social story.
3. Suggest making a delivery to the calm space or sensory room.

What to do in the Calm Space or Sensory Room:

1. Rest and relax.
2. Allow honored guests to talk, but limit your talking.
3. Show guests around the room and encourage them to choose something to help them relax.
4. Join guests in a quiet game or activity of their choice.
5. Model slow, deep breathing.
6. Try a grounding technique.

Ways to Help Prevent Sensory Overload:

1. Watch for sensory overload and reduce sensory input
2. Heavy pressure
3. Slow, deep breathing
4. Cold items and ice