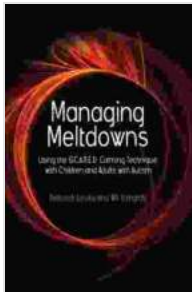


The Calming Technique: A Comprehensive Guide for Individuals with Autism



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 is a neurodevelopmental disorder that can affect a person's communication, social skills, and behavior. Individuals with autism may experience difficulties with sensory processing, which can lead to challenges in regulating their emotions and behavior.

The Calming Technique is a simple yet effective strategy that can help children and adults with autism to manage their emotions and reduce challenging behaviors. It is based on the principles of sensory integration, which involves providing the individual with controlled sensory input to regulate their nervous system.

Benefits of the Calming Technique

- Reduces anxiety and stress

- Improves emotional regulation
- Promotes relaxation and calmness
- Increases self-awareness and body control
- Improves social interactions and communication
- Reduces challenging behaviors

How to Implement the Calming Technique

The Calming Technique can be implemented in a variety of ways, depending on the individual's needs and preferences. Some common methods include:

Visual Calming

- Provide the individual with a calming visual environment, such as a quiet room with dim lighting or a room with calming images or colors.
- Use visual aids, such as calming videos or apps, to help the individual focus on something soothing.

Auditory Calming

- Play calming music or nature sounds to create a relaxing atmosphere.
- Use headphones or earplugs to block out distracting noises.

Tactile Calming

- Provide the individual with calming tactile input, such as a weighted blanket or a fidget toy.

- Use gentle massage or deep pressure touch to help the individual relax.

Proprioceptive Calming

- Encourage the individual to engage in activities that provide proprioceptive input, such as jumping, running, or swinging.
- Use a trampoline or a crash pad to provide safe and controlled proprioceptive input.

Vestibular Calming

- Encourage the individual to engage in activities that provide vestibular input, such as rocking, spinning, or swinging.
- Use a vestibular swing or a rocking chair to provide safe and controlled vestibular input.

Real-World Applications of the Calming Technique

The Calming Technique can be used in a variety of settings, including:

- Home
- School
- Therapy
- Public places
- During transitions and changes in routine

It is important to note that the Calming Technique is not a one-size-fits-all approach. The most effective strategies will vary depending on the

individual's needs and preferences. It is important to work with a qualified professional to develop an individualized plan.

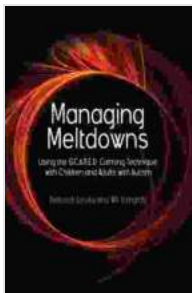
The Calming Technique is a powerful strategy for helping children and adults with autism to manage their emotions and reduce challenging behaviors. By providing controlled sensory input, the Calming Technique can help to regulate the nervous system and promote a sense of calm and relaxation. With practice, the Calming Technique can become an invaluable tool for individuals with autism and their families.

Additional Resources

- Sensory Strategies for Children with Autism
- Creating a Calming Room
- The Calming Technique (video)



A weighted blanket can provide calming tactile input for individuals with autism.



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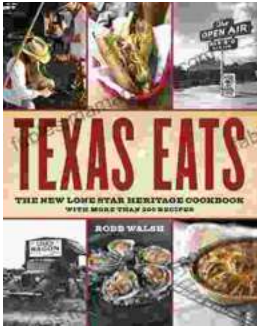
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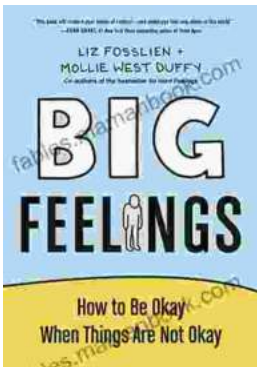
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