

# Ways to Relax and Be Calm

Sometimes people with autism may do the things below to calm themselves when they are nervous, frustrated, or too excited. They may also do them to relax or excite their muscles. These actions are **TOTALLY NORMAL** and help the person to be comfortable and happy.

Below are some common ways that people with autism might try to relax themselves. Match the picture of the person calming themselves to the description of their action:



Rocking Back and Forth



Chewing



Wiggling Fingers



Pacing (Walking Back & Forth)



Talking A Lot or Singing



Organizing Objects

On the lines below, write one way that you like to relax or calm yourself:

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Families for Inclusion