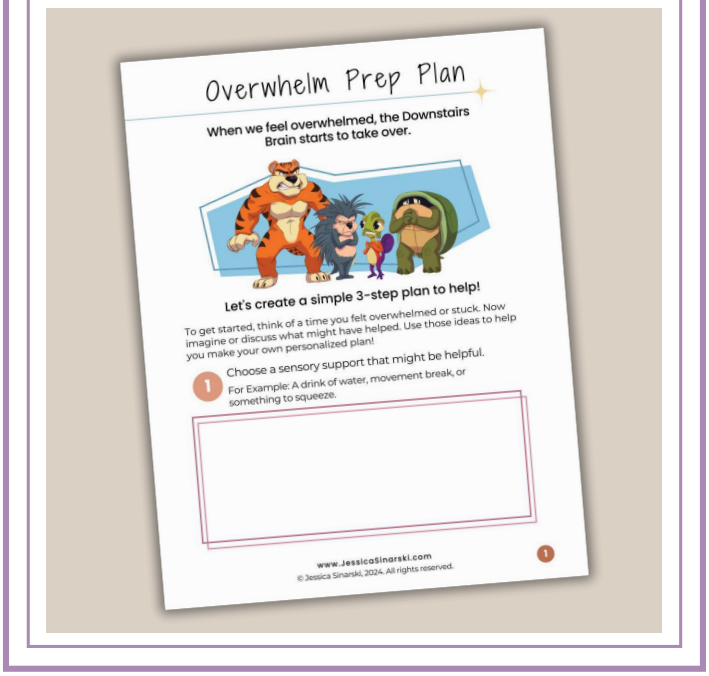
SENSORY solutions™

OVERWHELM prep plan

an S.O.S. Plan for
Your Amazing Brain



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tips for use

ASCA standards:
- M 2
- B-LS 2
- B-SMS 7

This activity is designed for collaborative use with students needing Tier 2 or Tier 3 supports. Consider incorporating into an IEP, 504, or other meeting with their parent/guardian(s) to support student success.

This is not an introduction to our sensory systems. Refer to **My Sensational Plan** and other toolkit elements for a strong foundation.

Proprioceptive, tactile (touch), and oral inputs tend to be very regulating. Gum and mints can help reset if those are an option.

After discussing our sensational senses, have students think about what might help them find calm. Students may need help brainstorming.

Remember: This is a rescue plan. Incorporating the senses into your school day will help students feel less overwhelmed.

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Overwhelm Prep Plan

When we feel overwhelmed, the Downstairs Brain starts to take over.



Let's create a simple 3-step plan to help!

To get started, think of a time you felt overwhelmed or stuck. Now imagine or discuss what might have helped. Use those ideas to help you make your own personalized plan!

1

Choose a sensory support that might be helpful.

For Example: A drink of water, movement break, or something to squeeze.

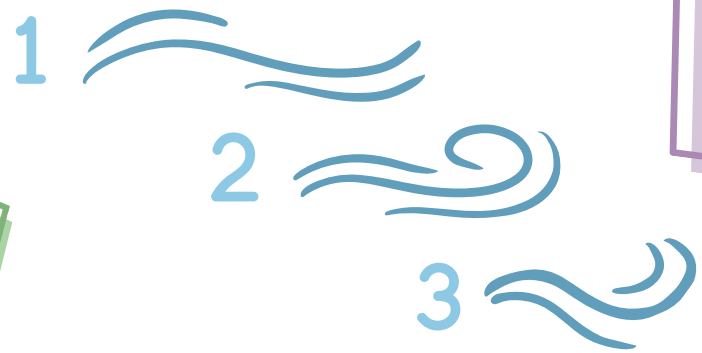
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Overwhelm Prep Plan



2 Breathe in & Oooooout 3 times.





3 Take 1 next Step.

S.O.S. often hits when we are asked to do something, like follow directions or work quietly on an assignment. What would your next step be? What is one small step you can make to get back on track and do the thing that needs done?

Nice work! Try it out and adjust as needed. You can also remake this plan for different scenarios!

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