

How-To Templates

Help and Break Cards

Sometimes an individual with an autism spectrum disorder (ASD) may know that s/he needs a break or requires help but may be unable to appropriately (i.e., without behavior) indicate that need to others. By placing break cards or help cards within reach and teaching their use, the likelihood of individuals indicating their needs may be increased. Keep cards that say “break time” and “I need help” in any room where individuals may be asked to complete demands (i.e., any area that is not a break or free play area). Cards can be attached to a table or shelf in each area of activity or directly on the switch or other augmentative device system, where they can be easily accessed. If an individual appears confused, agitated, or overwhelmed, point to the cards and prompt the individual to indicate his/her need without giving direct attention to the behavior itself. It is best to use these tools when the first signs of confusion or agitation are noted, not after behavior is at full scale.

Because the individual may need to access the card in other environments, consider creating a portable card system with the help and break cards. The portable system could include small cards (generally 2”x2”) cards that have been hole-punched and clipped together on a wearable pulley clip. These cards would ideally be worn by the individual with an ASD. The cards can then be prompted and accessed as needed, by the individual.

To Make:

1. Cut out the pictures presented here (or create your own, if desired).
2. Laminate the cards, if possible.
3. Velcro the cards to an area accessible by the individual (e.g., a wall in the various work areas at school, a mobile clipboard or small notebook, at the dinner table, or on the pulley system noted above).

Templates

Small



Christian Sarkine Autism Treatment Center
IU™ School of Medicine

www.HANDSinAutism.org

hands@iupui.edu

Tel: (317)274-2675

Fesler Hall (IUPUI)

1120 South Dr., Ste. 302

Indianapolis, IN 46202

Also, check out...

How-To Video: First-Then Board

How-To Template: Choice Board

How-To Template: Visual Schedules

How-To Template: Board Games

How-To Schedule: First-Then Board

Kid's Corner Series

Life with ASD Series

Academia Series

Strategy in Practice

View/download these and other templates at www.HANDSinAutism.org/tools/HowToTemplates.html



Materials provided are *samples only!*
They may need to be individualized to meet the particular needs of a person with an ASD!

I need a break



I need a break



I need help

