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| Probable Trigger | Predictable Sensory Response – body response | Predictable CognitiveResponse | Desired Response | Sensory Tool Cognitive Tool |
| Uncertainty, ambiguity, fearful, not asking a question but probably wants to, rule broken,Lower grade anxiety | Chews on shirt, wrist band, fingers | If questioned personally and in private will then say what is on his mind.“It’s not fair!”… | Will verbalize frustration and problem solve instead of chewing or will chew on appropriate alternative | Has a chew wrist bandGum (if allowed) |
| Losing a game, making a mistake, feeling incompetent or unsuccessful | Chews on shirt, wrist band, fingers but is very aggressive and red face | “I’m stupid” “I’m bored”“I’m mad/angry”Will want to quit doing what he is doing…may flee and hide | Will verbalize frustrationTake breakFind safe placeUse Cool Tools | Breathing 5 in 5 outVisualize Calm (Think of Gracie the dog)Walk or Heavy Work Job – loves jobs as a distraction |
| Food touches other foods, not allowed more than 1 fork | Gags on some texturesContamination issue with utensils (anxiety) | Refusal to eat Refusal to move on | Flexible thinking – not a problem we are dealing with at the moment at home (bigger fish to fry!) | Prevention – flexible rules – allow him to put food where he likes on his plate or tell you where to put it – take as many forks as he needs |
| Sunscreen / lotion application – will put on his body does not like it on his face but neck especially | Touch defensive – will resist putting it on | Will talk you out of putting it on | Will eventually tolerate putting it on and will do so himself | Deep pressure to body with body squeeze and joint compressions prior to putting on lotion. Then Ryan tells you the order to put on sunscreen (usually feet, legs, arms, cheeks, forehead, nose, ears…neck (maybe) |
| Toilet things…He will try to hold so he doesn’t have to go – likes privacy – doesn’t want to sit on a seat others have been on – fears toilets overflowing | Anxiety | He will hold as long as he can….will eventually decide he has to go | Been teaching him how to use T.P. to put on a seat to protect his skin so he can sit and relax then toss it in the toilet when finished to flushSocial story on what to do if you plug a toilet at Moon Lake???? | Feeling in control of bathroom he usesFeeling in control of handling a problem (i.e. what if it plugs or overflows) |
| AM before breakfast, late afternoon 4:00ish and non-structured times | Dysregulation – hyperFlapping, jumping, hyperverbal, many questions, in others space, impulsive, difficulty following routines - directions | Easily frustrated with self – when forgets something and may call self namesTotal lack of others’ needsWill say “I’m just so hyper!”Will say “huggie huggie” and be on top of mom inappropriately seeking pressure | Use a break to regulateAppropriate request for a squeeze and deep pressure | Given the times are predictable in AM/afternoon he gets sensory at home which is minitramp/swing/pressureThen is involved in routine following – uses headphones / musicBreakthrough:Bike, joint compressions, roll-upsAdding more structure |
| When presented with too challenging of activities (his perception) If he was unsuccessful, tired, low blood sugar, dehydrated, too hot | Dysregulation – hypoMoping, refusal to participate, crying, argumentative, slow, Not interested, shuffled gait, red face, clenched handsAnxiety/Anger | “I’m bored”“I’m stupid”“I suck”Very challenging disruptive behavior – kicking, yelling, stomping the ground Flee | Use a break to regulateExpress feelings more appropriately once calmTry unfamiliar activitiesTry a task again Go to safe place Request what he needs | Preventative: well hydrated & nourishedGenerate safe spot and use of breaksGive time for him to ask questions about unfamiliar activities to feel more comfortableCalming strategies listed above |
| +Going fishing and not catching any fish+Playing a game and not winning+His art/craft not turning out the way he wishes it to – or being too “difficult” to complete+Something appearing to be educational as this is NOT an educational camp in his eyes+If he feels he was being teased+Something not fair | Anger - Frustration**from low to high**Red faceStomp groundYell out somethingIf lucky (cries) and donePunch something near by (not someone)More aggressive yelling at othersContinuation of stomp..Kick…punch objectsFlee“I hate myself”Self injury – head banging\*Does not go after others (just family) | Takes it out on other objectsBlame on othersTakes it out on objectsBlame on selfTakes it out on self | Improved copingNot let it escalate to flee and self injury | Same as above \*Cannot obviously address his problem solving needs when he is in acute crisis Provide however:QuietDim lightsNO TALKINGBroken record “when you are …. Then…” |
| Bedtime: Usually no problems but can be a “hyper” night and can’t fall asleep at times | If hyper night:Tosses and turnsTries but can’t fall asleepUsually hyper beforeMay need a small healthy snack?He may ask for benedryl – we are not sending this | “I just can’t sleep”“I’m too hyper”“My mind won’t turn off” | Use tools he knows to help him soothe and sleep | Needs:Likes to be sandwiched in and firm pressure applied over this body – always goes to bed with music – draws or reads to calm himself to sleep@ home I use massage and CranioSacral work for bad nights but out of luck for camp |
| Auditory – too loud | Covers his earsArgumentativeTalks very loudFleeMay get “hyper” as noted in signs aboveMay get “hypo” and refuse activities as mentioned above | Is starting to ask for headphones\*IF likes the activity will try VERY hard to stay with it but may have meltdown after@ school does not participate in loud activities and just leaves for someplace else | Will try the activityWill try the activity with headphonesWill request headphones  | Use of headphonesAlternative place to complete activityStill near others where the activity is just not right in the noise“what to do when it gets too noisy at camp…” |