

## Getting back on track after a sensory meltdown

### Directly after regulation of senses after a sensory meltdown:

What happened before the sensory meltdown?

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What did my body experience?

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What emotions feel?

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What did my brain think?

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**What happened during the sensory meltdown?**

What did my body do?

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What emotions can I remember?

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Why did I melt down?

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**What happened after the sensory meltdown?**

5 Minutes?

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30 Minutes?

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One hour?

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2 Hours after regulation after meltdown:

Body Scan: Check in with each part of your body? How does it feel? What body parts might need attention?

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Write out the story of the sensory meltdown. What happened and why?

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What did you do to make the situation easier?

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What did you do to make the situation trickier?

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What do you need from the people around you the next time that a sensory meltdown happens?

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What can you do for yourself the next time a sensory meltdown happens?

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Is there anything happening today that might have made a sensory meltdown more likely to happen? If so, what tools could help next time?

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