

My Calm Kit

The New Kid at School and Autism

Javier has his dinosaur.

What helps you feel calm?

Draw or circle: a favorite toy; a quiet spot; headphones or a soft sound; a hug or a blanket; moving or jumping; a book about something I love; a grown-up I trust.

Then finish the sentence: "When I feel too much, I can ____."



psychlife.org/free/kevin-autism/

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Educational content; not a substitute for care from your child's doctor or a mental health professional. If you're in crisis, call or text 988.

988 Suicide & Crisis Lifeline (U.S.): call or text 988, or chat at 988lifeline.org/chat. If there is immediate danger, call 911.