RELAXATION IDEAS - MAKE A CHOICE, DO ALONE OR TOGETHER, ENJOY!

- Use your sensory bag
- Imagine things you like
- Exercise
- Take a walk
- Do arts & crafts
- Listen to music
- Read a book
- Do breathing exercises
- Watch a movie
- Laugh out loud

HANDS in Autism® is bringing out sensory bags for individuals with ASD choke-full with ideas, activities, and strategies to relax and address sensory needs! Stay tuned! More information is coming soon!

HANDSinAutism.iupui.edu/tools-resources/sensory-needs/