

# 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/](https://HANDSinAutism.iupui.edu/tools-resources/sensory-needs/)

