



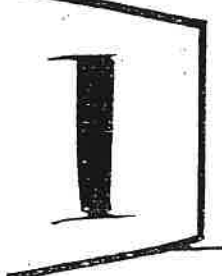


Name: Colton

My Control

Scale

Rating	Looks like	Feels like	I can try to
	Kicking or hitting	MY head will probably explode	Call my mom go home
	Screaming at people Almost hitting	Nervous	Go to see Mr. Peterson
	Quiet sometimes rude talk	Bad mood grumpy	Stay away from kids (The ones I don't like!)
	Regular kid - not weird!	Good	Enjoy it while it lasts
	Playing hockey	A million bucks \$	Stay that way!

# Obsessional Index

5

I can't control it. I will need lots of support.

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4

I am feeling very nervous and will probably need some support.

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3

I am thinking about my obsessions, but I may need to talk to someone about it. I think I have some control.

---

2

I am feeling pretty relaxed today. I can probably think about my obsessions but still do well in the classroom.

---

1

It is a great day! My obsessional personality is a neurological work of art!

- The following suggestions are guidelines for replacing an existing sensory need with a more appropriate or functional accommodation. It is important to note that many of the behaviors identified below are often indicative of sensory overload, and may be seen with higher frequency or intensity in stressful situations. In conjunction with the following suggestions it may also be beneficial to look at diminishing aversive sensory inputs or stresses that exacerbate challenging behaviors.

Behavior	Sensory Input Provided	Accommodations/Tx Ideas
Excessive Mouthing & Chewing	Proprioception Tactile ? Gustatory	Resistive Chewy Toys Nuk Ki/Electric Toothbrush Mini Massager Chewy & Crunchy Foods Try Strong Flavors
Teeth Grinding	Proprioception Auditory Vestibular (Vibration)	Resistive Chewy Toys Mini Massager/Electric Toothbrush Chewy & Crunchy Foods Blow Toys Limit Extraneous Auditory
Rocking	Vestibular Rhythmical Motion Proprioception	Seal Inserts or Ball Movement Breaks Other Rhythmical Activities
Head Banging & Ear Flicking	Proprioception Vestibular (Vibration, Head Movement) Deep Tactile Rhythmical Motion	Mini Trampoline/Joint Compression Mini Massager Opportunities for Movement Acc Wrapping Other Rhythmical Activities
Jumping & Shaking Extremities	Vestibular (Linear, Vibration) Proprioception	Mini Trampoline Joint Compression & Weight Bearing Opportunities for Movement & Heavy Work Weighted Vest
Spinning Objects	Visual Vestibular (Rotary) Visual-Vestibular Integration	Provide Strong & Varied Movement Input Limit Extraneous Visual Activities that Couple Vision and Movement

SOCSS

Situation-Options-Consequences-Choices-Simulation

Situation	
Who _____	When _____
What _____	Why _____
_____	_____
_____	_____

Options	Consequences	Choice

Strategy - Plan of Action

# The High-Low Scale

Practice shifting between numbers. How do they look? How do they feel?  
What does your face feel like?

High

5

4

3

2

1

Low

That person is scary!

I like to sit near you.