

# AUTISM BEHAVIOR CHART WITH ACTIVITY SOLUTIONS

Behavior	Description	Activity Solutions
<i>Hand Flapping</i>	Wave hands rapidly	Provide safe objects to manipulate, such as a fidget toy or stress ball. Encourage hand-clapping games or rhythmic songs.
<i>Rocking</i>	Rock back and forth	Provide a rocking chair or exercise ball to bounce on. Play music with a steady beat for the individual to move to.
<i>Spinning</i>	Spin around repeatedly	Offer an alternative movement activity, such as bouncing on a trampoline or using a therapy swing. Encourage other forms of sensory input like deep pressure massages or hugs.
<i>Echolalia</i>	Repeat words or phrases	Create opportunities for the individual to express themselves in other ways, like drawing or writing. Introduce a new interest to encourage new phrases to be repeated.
<i>Self - Talking</i>	Engage in private speech	Teach the individual an appropriate time and place for self-talking, such as during playtime or alone time. Encourage journaling or drawing to express thoughts.
<i>Hyper - Focusing</i>	Become fixated on one thing	Provide structure and routine to decrease distractions. Introduce new activities in stages to avoid overwhelming the individual.
<i>Repetitive Mannerisms</i>	Engage in repetitive behaviors	Find alternative calming activities like deep breathing or sensory bottles. Encourage creative improvisation, like drumming or singing along to music.
<i>Meltdowns</i>	Lose control of emotions	Develop coping strategies such as deep breathing, taking a break, or engaging in a calming activity. Provide a sensory tool kit with items like noise cancelling headphones or stress balls.
<i>Sensory Overload</i>	Become overwhelmed with sensory input	Create a "calm down" area to retreat to during sensory overload. Use noise cancelling headphones or sunglasses to reduce sensory input.
<i>Avoidance of Eye Contact</i>	Does not make eye contact	Encourage eye contact through games or a reward system. Teach the individual the significance of eye contact in social interactions.
<i>Difficulty Socializing</i>	Struggles with social interactions	Encourage socialization through structured group activities. Teach social skills using visual aids or role-playing scenarios.
<i>Inflexibility</i>	Difficulty adapting to change	Use visual schedules and routines to prepare the individual for changes. Introduce new activities or changes in small steps.

**UNDERSTANDING AND ADDRESSING THE BEHAVIORS ASSOCIATED WITH AUTISM CAN IMPROVE THE QUALITY OF LIFE FOR INDIVIDUALS ON THE AUTISM SPECTRUM. PROVIDING ALTERNATIVE ACTIVITIES ALONG WITH SENSORY TOOLS AND COPING MECHANISMS CAN HELP INDIVIDUALS BETTER MANAGE THEIR SYMPTOMS. IT IS IMPORTANT TO FIND INDIVIDUALIZED SOLUTIONS THAT WORK BEST FOR EACH PERSON WITH AUTISM.**