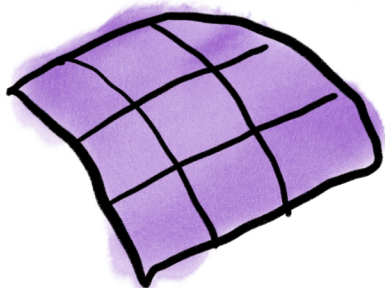


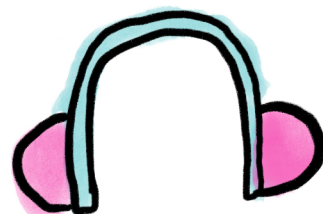
AUTISM: What Helps



weighted
BLANKETS



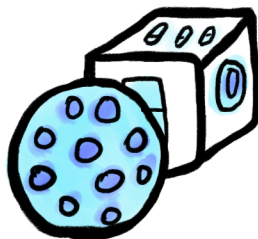
ALONE
time



Noise
Cancelling
HEADPHONES



Essential
OILS



Fidget
Toys

M	T	W	T
DOWN TIME	Down TIME APT.	DOWN TIME	APT.
	Down TIME		DOWN TIME

↖
BLOCKING
out down
time Around
Appointments
& Social
commitments



JOURNAL +
Document
it out



SPECIAL
interests