Make sure these factors are considered and, if possible, addressed before other Power Down strategies are implemented.

Physiological

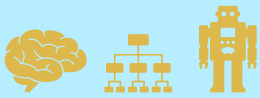
Interoception

Does the individual need to:
- eat
- go to bathroom
- sleep

Are there needs related to:
- allergies / illness
- medication
- chronic pain

Every Day ROUTINE Strategies :

Situation Specific Strategies:

		1 Level Power DOWN	2 Level Power DOWN	3+ Level Power DOWN
Sensory	Sensorimotor/ Behavioral	Fidget toy Squeeze hands Yoga / stretch / touch toes Rock Ask for a tight hug	Flap Chewy or crunchy food Joint compressions Go for a walk Chair push-ups Ask for help	Take a break Dance Jumping / flipping / running Ask for space and time
Motor				
Cognitive 	Language / Information … Reflective / Metacognitive	Visual schedule Timer Access to multimodal communication First/ then board Ask for / give help Use Energy Meter Use Regulator 2.0	Social story Self talk to stay focused Access to multimodal communication Ask for / give break Use Energy Meter Use Regulator 2.0	Access to multimodal communication Visual choices of intense sensorimotor activities Give space and time for sensorimotor strategy use
Communication				
Social				

Autism Level UP!

copyright- Laurent & Fede, 2019 all rights reserved

Make sure these factors are considered and, if possible, addressed before other Power Down strategies are implemented.

Physiological

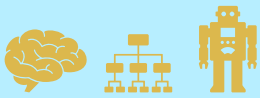
Interoception

Does _____ need to:
- eat
- go to bathroom
- sleep

Are there needs related to:
- allergies / illness
- medication
- chronic pain

Every Day ROUTINE Strategies :

Situation Specific Strategies:

		1 Level Power DOWN	2 Level Power DOWN	3+ Level Power DOWN
Sensory	Sensorimotor/ Behavioral			Take a break / ask for space
Motor				
Cognitive 	Language / Information … Reflective / Metacognitive	Ask for / give help Use Energy Meter Use Regulator 2.0	Ask for / give break Use Energy Meter Use Regulator 2.0	Access to multimodal communication Visual choices of intense sensorimotor activities Give space and time for sensorimotor strategy use
Communication				
Social				

copyright- Laurent & Fede, 2019 all rights reserved

Make sure these factors are considered and, if possible, addressed before other Power UP strategies are implemented.

Physiological

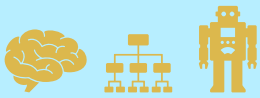
Interoception

Does the individual need to:
- eat
- go to bathroom
- sleep

Are there needs related to:
- allergies / illness
- medication
- chronic pain

Every Day ROUTINE Strategies :

Situation Specific Strategies:

	1 Level Power UP	2 Level Power UP	3+ Level Power UP
Sensory **Motor** (Sensorimotor/ Behavioral)	Fidget toy Squeeze hands Chair push up Suck on straw or water bottle	Stand to work Chewy or crunchy food Joint compressions / hug Go for a walk	Jumping jacks Swinging Run Spin / Dance Head inversion
Cognitive  **Communication** **Social** (Language / Information ... Reflective / Metacognitive)	Visual schedule Timer Access to multimodal communication First/ then board Ask for / give help Use Energy Meter Use Regulator 2.0	Social story Self talk to stay focused Access to multimodal communication Ask for / give break Use Energy Meter Use Regulator 2.0	Access to multimodal communication Visual choices of intense sensorimotor activities Give space and time for sensorimotor strategy use

Autism Level UP!

copyright- Laurent & Fede, 2019 all rights reserved

Make sure these factors are considered and, if possible, addressed before other Power UP strategies are implemented.

Physiological

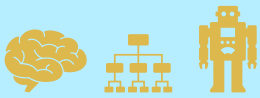
Interoception

Does _____ need to:
- eat
- go to bathroom
- sleep

Are there needs related to:
- allergies / illness
- medication
- chronic pain

Every Day ROUTINE Strategies :

Situation Specific Strategies:

		1 Level Power UP	2 Level Power UP	3+ Level Power UP
Sensory	Sensorimotor/ Behavioral			
Motor				
Cognitive 	Language / Information … Reflective / Metacognitive	Ask for / give help Use Energy Meter Use Regulator 2.0	Ask for / give break Use Energy Meter Use Regulator 2.0	Access to multimodal communication Visual choices of intense sensorimotor activities Give space and time for sensorimotor strategy use
Communication				
Social				

Autism Level UP!

copyright- Laurent & Fede, 2019 all rights reserved