



autism_sketches This reel is here if you need a break from scrollir
- Background music is 《Isabella's Lullaby》 played on my Kalimba
🎧

Making posts that require a lot of research or time investment, or posts that leave me very vulnerable can be very heavy and take a lot from me. Sharing simpler posts like this help me stay motivated to share my experience through art here on insta. I hope people can still appreciate it, and I'll try my best to still make other formats of posts that invite more discussion.

Sensory Safe Space:

A sensory safe space is a place for you to retreat to and recharge, especially after overwhelming situations. Sensory Safe are can include:

- dim lights
- a quiet place
- pillows and blankets

items or aids such as noise more.

#calm #soothing #autismo

space 🌸thank you

great ❤️

A post from the account **autism_sketches** on Instagram. This account regularly shares short sketches or cartoons that demonstrate an aspect of their experience as an autistic person. In this one, they explain an autistic term: **sensory safe spaces**.

*image by @autism_sketches on Instagram