

# Autism: Sensory Overload

## Storyboard

“Coping with Sensitivity and Perception as an Autistic Person”

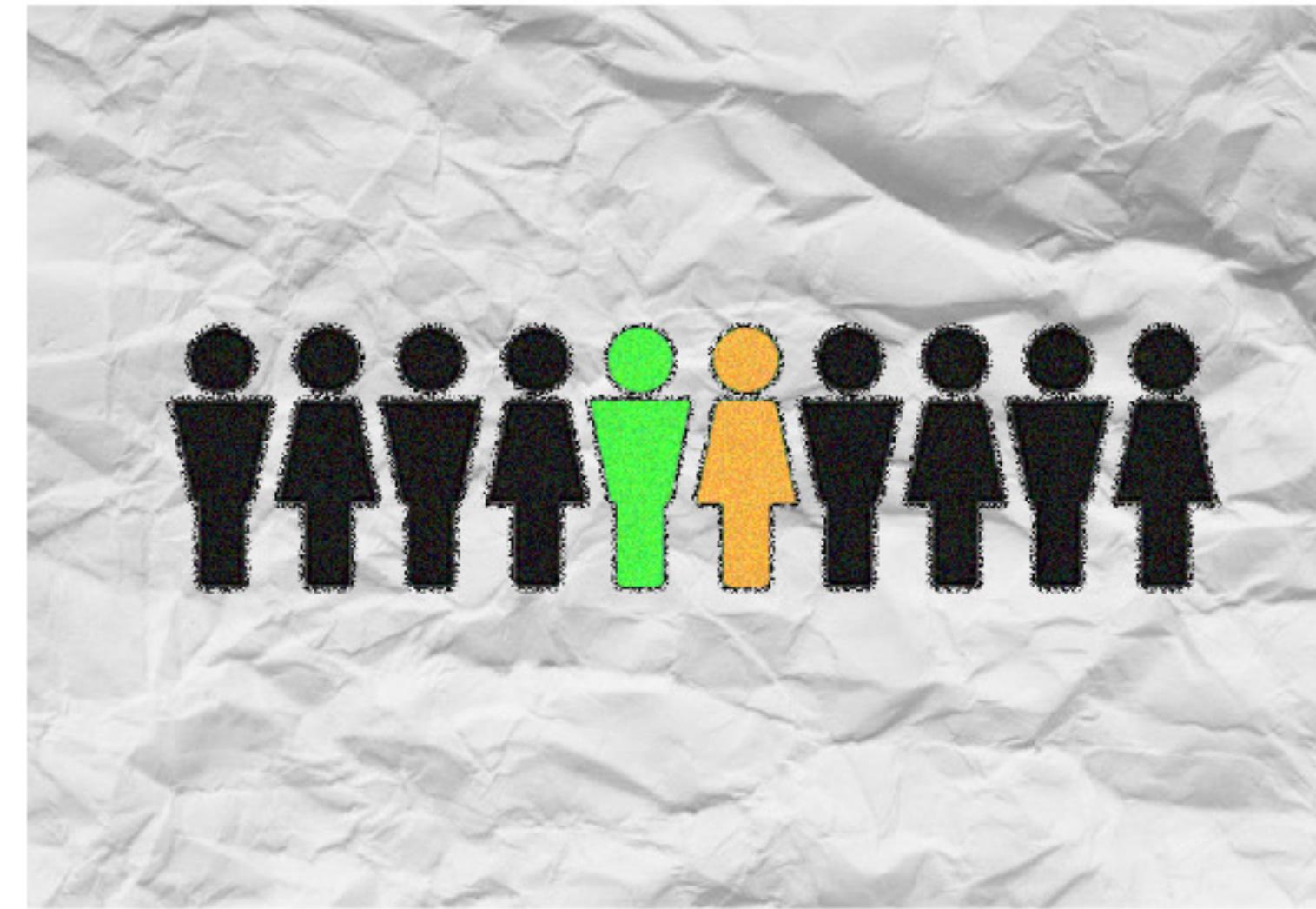


by Zakarya Hassan

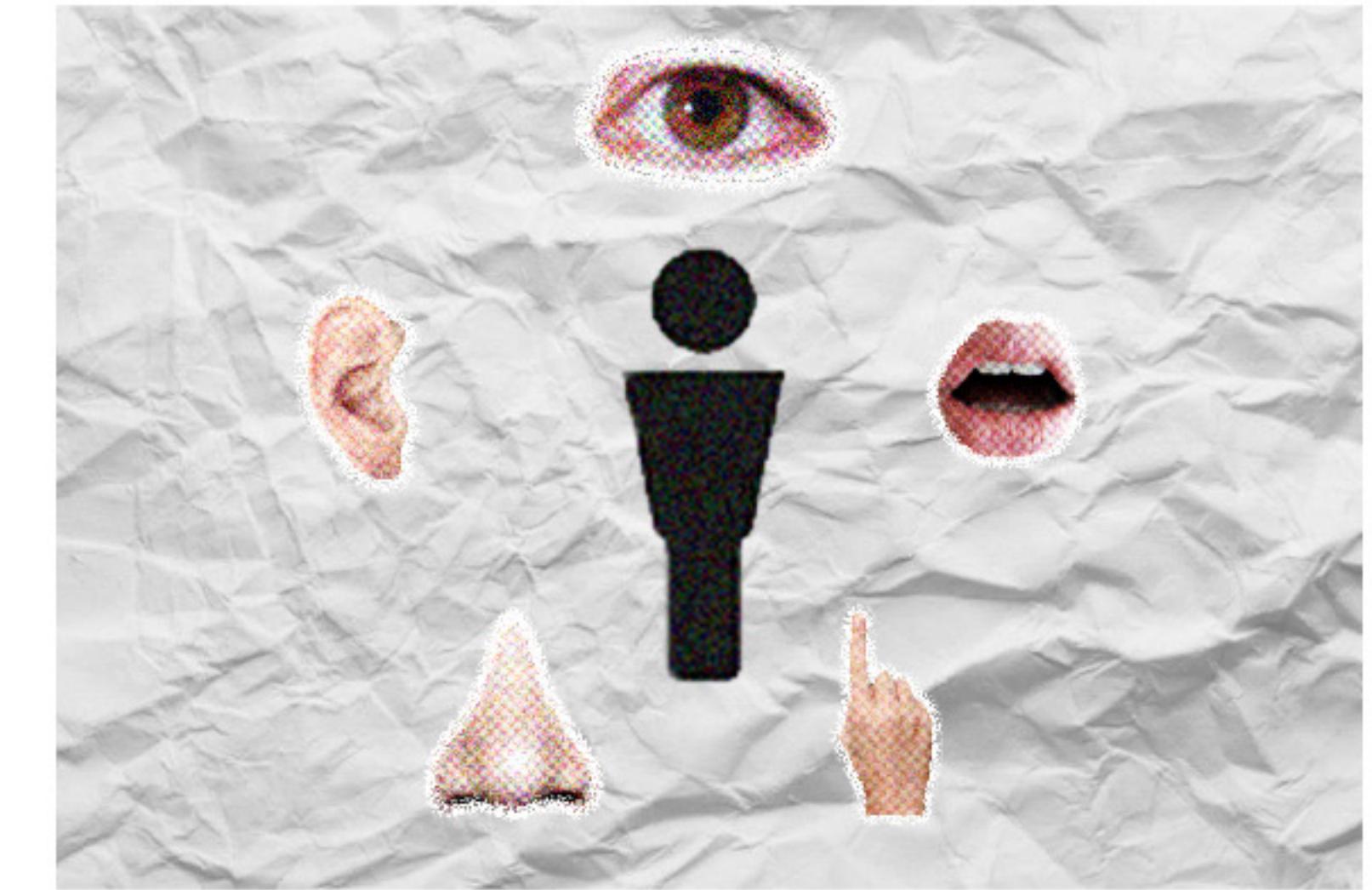
1.



Introduction: What is autism all about?  
\*text shows, followed by narration\*



Transition: next animation displaying  
data which is accompanied by narration



Transition: our character with  
a wheel of the five senses hovering around

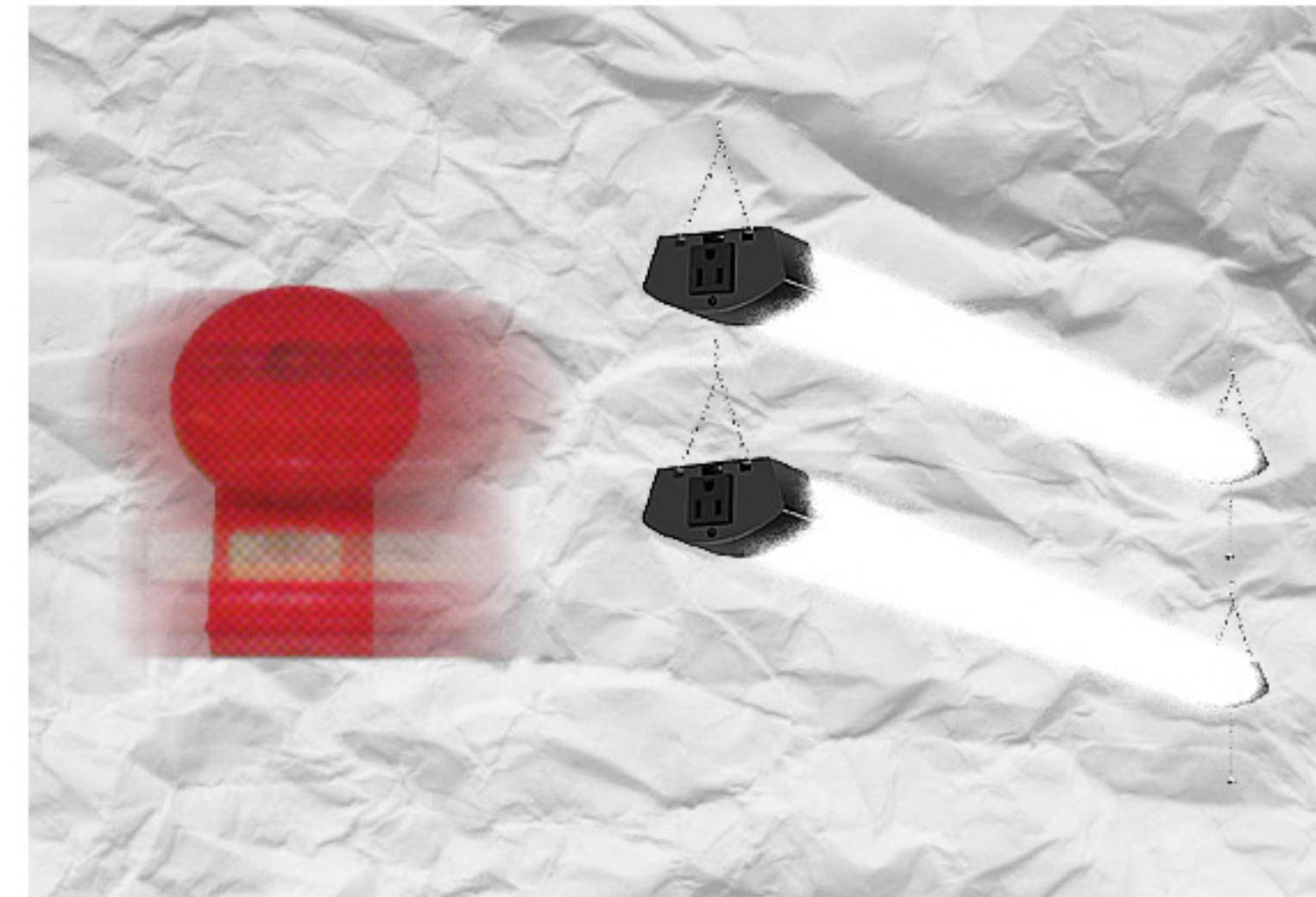
## SCRIPT:

**Autism is a condition that affects around 75 million people worldwide in different ways. Autistic people face daily challenges, dealing with sensory overload, due to being hypersensitive to: sound, light, touch, taste, and smell.**

2.



Medium close-up of classroom:  
character shown in class



Next shot: school bell begins to  
ring, followed by lights coming back on



Cut to character feeling overwhelmed,  
triggering a sensory overload by the  
noises and commotion of school children

## SCRIPT:

For example, being at school, at college, at work, or in public spaces, can be overwhelming and very difficult to cope with. Common sensitivity triggers can include unpredictable noise, unfamiliar locations, unwanted touch, different forms of lighting, like fluorescent strip lights, which can lead to what is described as a form of tunnel vision, where both the visual senses decrease significantly under stress.

3.



Medium close-up of classroom:  
character socialising with  
speech bubbles, main character  
in center



Bubbles disappear, and a thought bubble appears over our character representing what autistic people experience in social settings



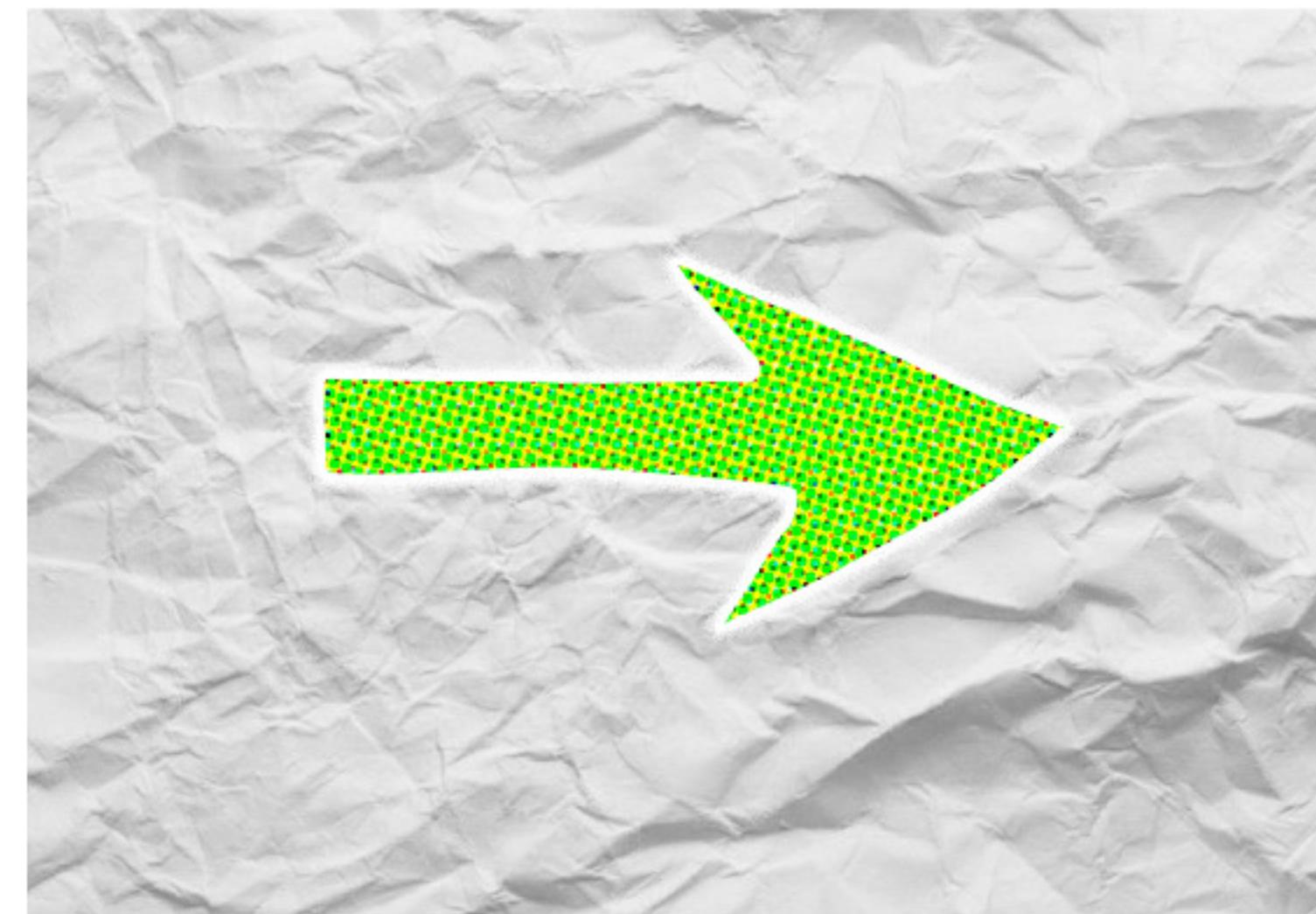
A vignette emerges towards the centre and isolates our characters thoughts

## SCRIPT:

Autistic, or neurodiverse people, can have problems with communication and social interaction, for example, recognizing facial expressions or body language, as well as issues with cognitive perception, like understanding the use of metaphors in language. This can lead to people using masking techniques, in order to try and fit in with neurotypical behaviours, which and itself can cause problems over time in physical health through stress, and in mental health, like depression



**Text Animation:** How to resolve the issue at hand



**Transition:** narration continues, arrow animation continuing explanation



**Transition:** bullet points will appear one by one, showing the improvements obtained by modes of therapies

## SCRIPT:

So, what can we do? First, increase our level of understanding of neurodiverse people and neurotypical people, and where the differences lie. This can be achieved through education, starting as early as possible at school, and implementing appropriate policies at a governmental level, so that institutions and workplaces can accommodate the requirements of different people. Interventions designed to reduce stress for autistic people aim to provide a better quality of life by encouraging engagement and exercise, participating in recreational activities, and by generally providing a means to live healthy independent lives. Successes have been identified for both occupational therapy and music therapy as interventions for stress. These therapies help develop motor and daily living skills, have gathered substantial support for their effectiveness and improving play, language, social interaction, independent functioning, and self-management skills.

5.



Animation: music notes will appear,  
show character feeling joy



Next, an instrument will appear  
in character's hands



Concluding animation another character  
will join and play music altogether.

## SCRIPT:

Music therapy consists of listening to or performing music, often as a group, and has received evidence for its ability to improve social tolerance, flexibility, and engagement, but also emotional responsiveness, attention span, along with reduction of stress.

6.



Staves will transition like a wave  
with motion blur



Next, an fidget spinner will appear  
in character's hands



Show fidget spinner in close up

## SCRIPT:

Stimming, or self-stimulating behaviors, are also a common and healthy way of providing a positive distraction for someone coping with sensory overload. Stim toys, also known as fidget or sensory toys, are designed for adults and children, are also a popular way of relieving stress and anxiety.



Text animation: Want to help?



This will transition to another text,  
reading "Contact Us!"

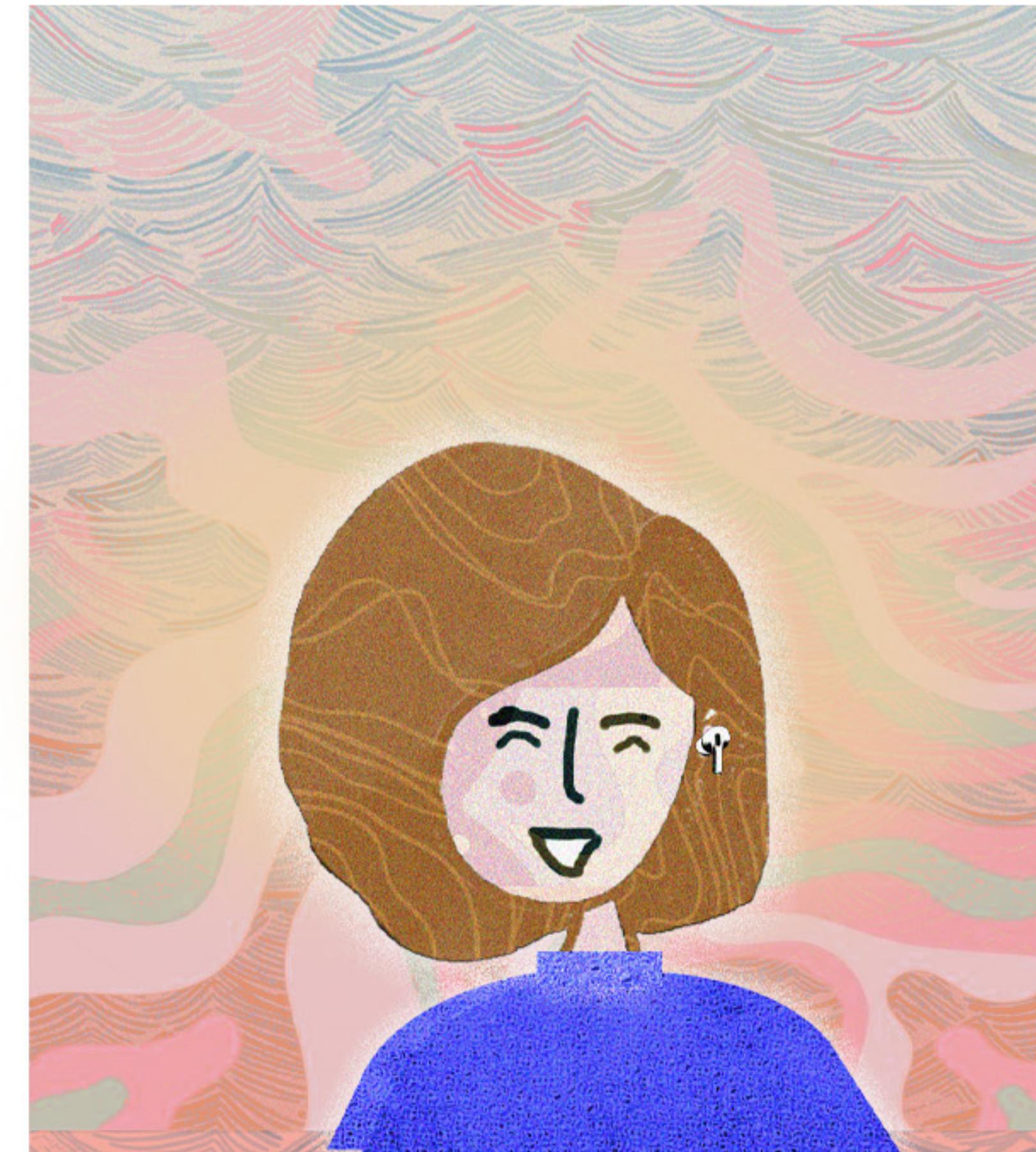


Finally, this text will fade to Edinburgh  
Napier University logo

## SCRIPT:

A research project looking at how technological self-interventions might help autistic people manage stress, is being undertaken by researchers at Edinburgh Napier University? Want to get involved?

# Concept Art



Sketches of settings for animation