

# Sensory Overload Strategies



Taking slow,  
deep breaths



Wearing noise-  
canceling  
headphones



Using a weighted  
blanket or vest



Dimming  
the lights



Following a  
visual schedule



Holding a  
fidget or stress toy



Retreating to  
a quiet space



Asking for  
a break

# How to Use the Sensory Overload Strategies Poster

The Sensory Overload Strategies Poster helps children recognize when they feel overwhelmed and guides them to safe, calming choices. It acts as a quick visual reminder during stressful moments.

## 1. Prepare the Poster

- Print in color (or grayscale if preferred).
- Laminate for durability.
- Hang it in a visible spot — calm-down corner, classroom, or bedroom wall.

## 2. Introduce the Strategies

- Teach each strategy during calm times (cover ears, take deep breaths, ask for a break, etc.).
- Role-play with your child so they know how to use the poster when overload happens.
- Explain: “When things feel too loud or too much, you can pick one of these choices.”

## 3. Use in the Moment

- When your child shows signs of overload, point to the poster and ask: “Which one would help you right now?”
- Encourage them to make a choice independently.
- Support them with tools if needed (noise-canceling headphones, quiet space, sensory tool).

## 4. Build Habits

- Encourage your child to use the poster early — before overload gets too big.
- Pair with a calm-down kit or toolbox for extra support.
- Celebrate when your child uses strategies independently.

## 5. Tips for Success

- Keep the poster at eye level for the child.
- Practice the strategies regularly so they become familiar.
- Model using the strategies yourself — show that calming down is for everyone.
- Adapt strategies to fit your child's needs and environment.

■ Remember: Sensory overload is different for every child. The poster gives them options so they feel in control and supported.