



Free Printable



Regulation Cards for Autism

Visual Feelings, Body Clues, and Support Cards for Home, School, and Therapy

These regulation cards help children identify feelings, notice body clues, and communicate what they need. Use them at home, in the classroom, or during therapy to support self-awareness, co-regulation, and simple calm-down routines.

What's included



- **8 feeling cards:**
happy, sad, mad, scared, worried, frustrated, overwhelmed, tired



- **4 body check cards:**
my body feels fast, slow, tight, wiggly



- **4 support cards:**
I need help, I need a break, I need quiet, I need space



- **1 bonus board:**
I feel / I need

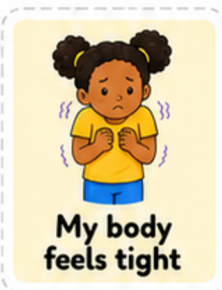
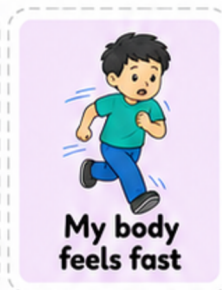
How to use these cards

1 Print on cardstock if possible.

2 Cut out the cards.

3 Laminate if you want extra durability.

4 Use the cards to talk about feelings, body clues, and support needs, or pair them with the I feel / I need board.



Helpful tip



Start by teaching the cards during calm moments. Keep choices simple, model the words together, and rotate cards based on what helps most.





I feel happy



I feel sad



I feel mad



I feel scared



I feel worried



I feel frustrated



I feel overwhelmed



I feel tired



My body feels fast



My body feels slow



My body feels tight



My body feels wiggly



I feel / I need

Match how I feel with what may help.

I feel...

I need...