



Magic Moments: Teaching Autistic Children (and Supporting Adults) How to Cope with Meltdowns

The course will include:

- Giving young people a range of strategies to deal with stressful and perceived stressful situations and events
- Practical guidance on how to avoid a variety of confrontational situations
- Practical guidance on how to avoid meltdowns and anxiety fuelled outbursts
- How to intervene (or not) during these situations and events
- Differentiation and inclusion: making learning (and other environments) group and individual friendly

Course Outcomes...

This training is supported by case studies and workshop activities during which each delegate will learn to:

- Understand some of the reasons behind a range of challenging behaviours
- Create interventions to help young people deal with stressful and perceived stressful situations and events
- Create environments which avoid challenging and anxiety fuelled behaviours
- Understand that picking battles does not necessarily mean giving in to them
- Put young people with Autism in their social, emotional, and sensory happy place