



The noise is too loud.



The lights are too bright.



I am feeling angry.



I am feeling upset.

# COMMUNICATION CARDS: FOR SCHOOL & ELSEWHERE (ADHD, AUTISM, NEURODIVERSITY)

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96 Cards



Please speak more slowly.



Please use simple words.

# REGULATION AND EMOTIONAL SUPPORT



I am overwhelmed.



I need time to calm down.



I need help to calm down.



I need a break.



I am feeling angry.



I am feeling upset.



I am feeling worried.



I need reassurance.

# COMMUNICATION NEEDS



Please speak more slowly.



Please use simple words.



I need one instruction at a time.



I am not ready to answer.



I need help to explain myself.



Please listen to me.



Please repeat that.



I need to check I have understood.

# LEARNING SUPPORT



I do not understand.



Please explain it again.



Please show me.



I need this broken into steps.



I need written instructions.



I learn better in a different way.



I am not ready to move on.



I need more time to finish.

# HEALTH AND BODY NEEDS



I feel unwell.



I am in pain.



I need the toilet.



I need food.



I need a drink.



I need my medication.



I need to rest.



My body does not feel right.

# FOCUS AND THINKING



I cannot focus right now.



My head feels too full.



My thinking feels slow right now.



My thinking feels too fast.



I need fewer things at once.



I need help organising my thoughts.



I am confused.



I need time to think.

# SENSORY NEEDS



The noise is too loud.



The lights are too bright.



This space feels overwhelming.



I need things to be quieter.



I need dimmer light.



I need to move away from here.



I need help with sensory overload.



I need calm and quiet.

# AUTONOMY AND STRENGTHS



I want to try by myself.



I need help, but not yet.



I can do this.



I am proud of my work.



I am finished.



I need feedback.



I want to make a choice.



I do not need help right now.

## SAFETY AND IMMEDIATE NEEDS



I do not feel safe.



I need help now.



Please stop.



I need to leave this place.



I need a safe adult.



Something is wrong.



I am scared.



I need support straight away.

# MOVEMENT AND POSITIONING



I need to move my body.



I need to stand up.



I need to sit differently.



I need to walk around.



I need space to move.



My body feels uncomfortable.



I need a different seat.



I need to stretch.

# CONSENT AND BOUNDARIES



I do not want to be touched.



That is not okay for me.



I need personal space.



I am not ready for this.



I want to say no.



Please respect my boundaries.



I do not agree.



I want to make this choice myself.

# REPAIR AND REFLECTION



I made a mistake.



I need help to fix this.



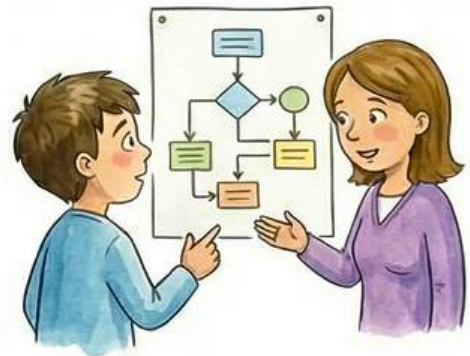
I did not mean to upset anyone.



I need time before talking about it.



I am ready to talk now.



I need help to understand what happened.



I need help to put this right.



I want to start again.

# SOCIAL AND RELATIONAL NEEDS



I need to be on my own.



I need help with other people.



I feel left out.



I feel misunderstood.



I need support with this conversation.



I need someone with me.



I need time away from others.



I want to rejoin later.

# TRANSITIONS AND PREDICTABILITY



I need to know what happens next.



I need more warning before changes.



I am not ready for this change.



I need a clear plan.



I need help with transitions.



I need more time before moving on.



I need things to stay the same.



I need a countdown or reminder.

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