



# Offer Opportunities for Expression

Children and young adults will likely have difficulty articulately expressing how they feel about the many unexpected changes. Fear, frustration, and worry may be expressed through challenging behavior like tantrums, refusing to take part in family activities, or withdrawal. For individuals with autism, these communication difficulties may be coupled with expressive communication delays, limited verbal or nonverbal skills, difficulty perspective taking, and/or social communication deficits.

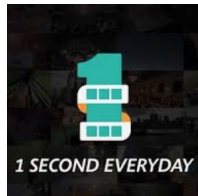
**Consider providing multiple opportunities for family members to express their feelings as they are able**—through family and individual discussions, writing activities, movie making, or play. Feelings and needs may be communicated through alternate forms of expression such as the use of augmentative and alternative communication (e.g. iPad, pictures), listening or playing music, dance, yoga, and various visual art forms. In addition, recognize that an increase in challenging behaviors may be

an expression of anxiety or fear, and consider if support strategies in place are adequate (see strategy 3 for further discussion of coping and calming strategies). Several examples are provided that can support expressive communication.



**Resources include:**  
[Communication Tools](#)  
[Expression Activities](#)

# Communication Tools



[1 Second Everyday](#)  
Video Journal

Free  
(in-app \$)



[Pinterest](#)  
Ideas for Bullet Journals  
and Zines

Free



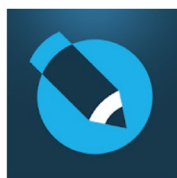
[Zine Making 101](#)

Free



[StoryboardThat](#)  
Online Comic Maker

\$7.99-\$9.99 a month



[LiveJournal](#)  
Video Journal

Free-\$19.95



[Journey](#)  
Video Journal

\$4.99

# Expression Activities

## Journaling



Create a daily routine



Create a bullet journal:

- One line a day
- Integrate images
- Calming tips
- Things that bring happiness
- Track mood
- Take a daily fun photo and describe what is happening



Video journal:

- Film 1 second daily
- Interview, talk about plans, mood...

## Art



Create a Zine

(pronounced zeen):

- A mixture of collage, art, and words
- Visit [Zine Making 101](#) for ideas and tips
- Share what you know about your favorite topics
- Create a 'How to'



Create a graphic novel or comic strip:

- What do you miss?
- What are you worried about?
- What are your hopes?