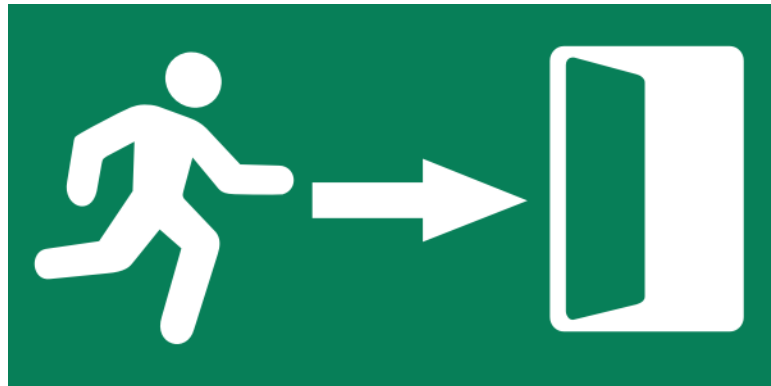




LEAVING SUDDENLY II



Resources for Autistic Individuals and their Families Impacted by War and Displacement

Sometimes we need to leave quickly.



This may feel scary.



People may be afraid or angry when we



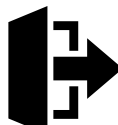
need to leave or when there is danger.



People might yell instructions and pack

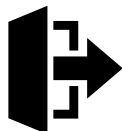


things fast or leave things behind.





People might walk fast or run away.



When kids have to leave quickly, they



might have an upset feeling in their



stomach. They might feel scared,



worried, or angry. They might feel sad

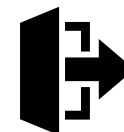
leaving things behind. They might not



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want to move or feel like they cannot

move.



When I have to leave quickly, I may feel



afraid and get an upset feeling in my



body. My body may feel full of energy



and my heart might beat fast. It



is okay for me to feel scared.



I can hold a family member's hand and



watch what they do. I can do the same



things my family does and follow them. I



can go to a safe place with my family or



another adult that I know. When I get to



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the new place, I can take deep breaths



or gently squeeze my hands or body.



This can help calm my body.



I can leave quickly and then calm my

body down when we get to the new

place.

