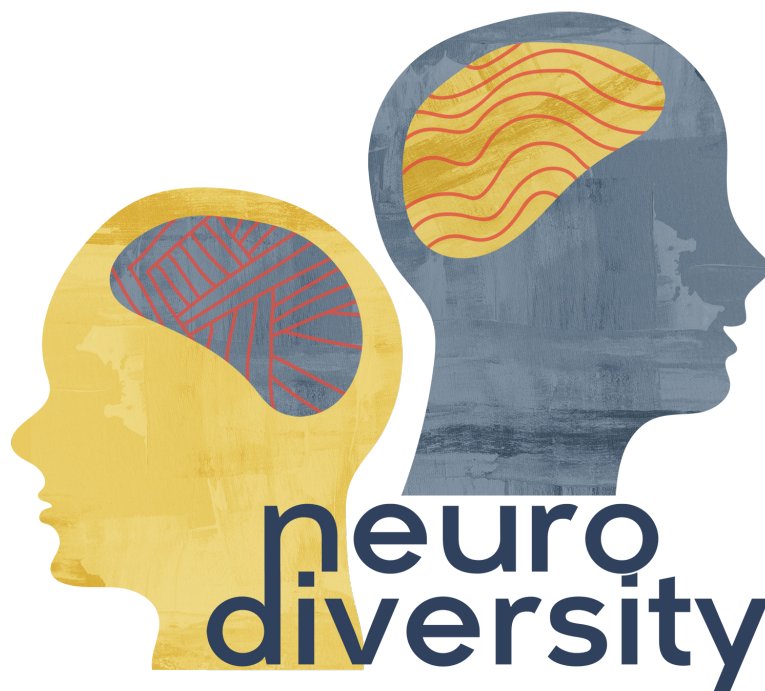


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manner.**

Flash Cards

A free resource exploring this creative non-verbal communication strategy.



Part of our neurodiversity programme.
See www.mindovermanner.co.nz/neurodiversity

Flash cards!

Flashcards offer an accessible and easy communication modality for situations where verbal communication is difficult or even impossible. Flashcards can be used by anyone!

Some people find it hard to speak when they are scared, anxious, or going into meltdown. Not being able to express your needs or desires can make these situations even more stressful.

Did you know?

Flash cards can be shown to authority figures (e.g. police) to de-escalate sensitive encounters.

In this resource we have provided 22 pre-made flash cards and one blank card. These are eye-catching and to the point. Many of these cards have blank spaces so they can be customised to unique needs. We recommend that you print and laminate these cards so they can be re-used multiple times.

Activity time!

Everyone (including teacher/parent) gets their own blank flash card:

- What would your own card say?
- What supportive words could a card say to help someone?

Cards should be short & sweet!

Card index.

Page

4. I am here for you.
5. It's OK. I love you.
6. I believe in you.
7. You are right.
8. You are a good person.
9. This moment will pass.
10. I will sit with you.
11. Would you like some ____?
12. Shall we go ____?
13. Let's be quiet now.

14. I need some _____. Thanks.
15. I am feeling _____.
16. This is all too much for me.
17. Please leave me alone.
18. I can't be alone right now.
19. I need to move my body.
20. Please be patient with me.
21. I am in sensory overload right now.
22. Please move slowly & quietly.
23. Please speak slowly & quietly.

24. Yes please.
25. No thanks.
26. I'm sorry.
27. Blank card.

To print a specific card, refer to the page numbers above.

**I am
here
for you.**



It's Ok.

**I love
you.**



**I
believe
in you.**



**You
are
right.**



**You are
a good
person.**



**This
moment
will
pass.**



**I will
sit with
you.**



**Would
you like
some
_____?**



**Shall
we go
_____?**



**Let's be
quiet
now.**



**I need
some
—
thanks.**



I am feeling



**This is
all too
much
for me.**



**Please
leave
me
alone.**



**I can't
be alone
right
now.**



**I need
to move
my
body.**



**Please
be
patient
with me.**



**I am in
sensory
overload
right
now.**



**Please
move
slowly &
quietly.**



**Please
speak
slowly &
quietly.**



**Yes
please.**



**No
thanks.**



**I'm
sorry.**





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Check out our website for more
information and resources!

www.mindovermanner.co.nz

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