FREE · UNDERSTANDING

LAINATTU RAUHA® · BORROWED PEACE · FREE PRINTABLES

How to read the situation

Behaviour is a message about the nervous system. These four pages help you read it, so there is less guessing.

Quick arousal-state check: four colours p. 2

Behaviour is communication: detective card p. 3

Non-speaking does not mean not communicating p. 4

10 things to remember p. 5







This is yours. You do not need an account, an email address or money. Print the pages you need, and pass it on if it helps someone.

AROUSAL · W.H.I.C.H.

Quick arousal-state check

The arousal state shows what is happening in the nervous system right now. Once you recognise the colour, you know what is worth doing.

Who it is for: families and support workers who want to read the situation before they act.

Remember: yellow and blue carry the same level of load. Blue can look calm or even happy while the load keeps growing.



Green: regulated and reachable

- Face and body relaxed
- Makes contact in their own way
- Transitions and requests go smoothly

What I do now: This is the moment for learning and doing things together. Make the most of it.



Yellow: overload beginning

- Restlessness or pace increasing
- More repetitive movement
- Instructions get through less well

What I do now: Reduce stimuli and demands straight away. Strategies still work at this stage.



Blue: low arousal

- Withdraws, slows down or goes limp
- Seeks strong sensory input
- May look happy while the load keeps growing

What I do now: Contact is still possible. Come close calmly and offer sensory support. Tasks can wait.



Red: dysregulation

- Aggression or self-injurious behaviour
- Acute shutdown, contact cannot be reached
- Fleeing or freezing

What I do now: Safety first. Wait, protect and stay present. Demands and teaching can wait.

When you want to turn this into a lasting tool, the Sensory Binder and the Foundations Online Course help you do it.

© Lainattu Rauha® · Borrowed Peace · W.H.I.C.H.

BEHAVIOUR IS COMMUNICATION · W.H.I.C.H.

Detective card

Stop, observe and find the message. Investigate before you react.

Use this card when you meet a challenging situation. Go through the steps in order.

1



WHAT DO I SEE?

Describe objectively

What you see and hear, for example "hitting the table with an open palm".

2



WHAT HAPPENED BEFORE?

Events leading up to it

Five minutes ago? A transition? A new stimulus? A long wait? The last meal?

3



WHAT IS THE SENSORY ENVIRONMENT LIKE?

Check the surroundings

Noise? Lights? Smells? How many people? Temperature? Hidden sensations?

4



WHAT IS THE MESSAGE?

What the person is trying to tell you

Are they seeking something? Wanting to leave? In pain? Is the tolerance bucket full?

5



HOW IS MY ENERGY AFFECTING THIS?

Check yourself

Am I tense, rushed or frustrated? Am I using too many words?

6



WHAT DO I CHANGE?

Change the environment first

Fewer stimuli? Offer food? A break? Headphones? Their own space?

Remember: the goal is to understand the message.

Educational support material. It does not replace healthcare or therapy. Rule out physical causes and consult a professional when needed.

© Lainattu Rauha® · Borrowed Peace · W.H.I.C.H.

COMMUNICATION · W.H.I.C.H.

Non-speaking does not mean not communicating

A person who does not speak communicates all the time. The adult's task is to learn to read the messages.

Who it is for: everyone who lives or works with a non-speaking autistic person.



1. Body

You see tense shoulders, a changed posture or movement speeding up. The body often shows overload long before anything else does.



2. Vocalising

The pitch, volume or rhythm of sounds changes. The same sound in a different tone can mean joy, pain or distress.



3. Gaze

Where the gaze goes and where it turns away from. Gaze shows what interests them and what is too much.



4. Action

The person leads you to the fridge, brings you an object or repeats an activity. Action is often the most direct request they have.



5. Refusal

Refusing, pushing away or freezing. It is a message: no, too much, or I do not understand.



6. Withdrawal

The person retreats to a corner, under a blanket or into their own activity. The nervous system is protecting itself, and the load has already passed what they can tolerate.

How you answer

1. Say out loud what you see: "I can see you are turning away, this seems to be too much."
2. Act on the message, even if you are not sure. A wrong guess made kindly is better than a missed message.
3. Write down what you saw and what worked. This is how the messages grow into a shared language.

Remember: if communication changes suddenly, pain or illness may be the cause. That is checked by a doctor.

When you want to collect these messages on paper that goes everywhere with the person, the Emotion Binder and the Communication Passport do it for you.

© Lainattu Rauha® · Borrowed Peace · W.H.I.C.H.

REMEMBER THESE · W.H.I.C.H.

10 things to remember

Ten principles that carry you through the hard moments of everyday life.

Lainattu Rauha®

1. Behaviour is a message. Find out what it is telling you.
2. The nervous system reacts automatically. A meltdown is the nervous system's emergency response.
3. Change the environment first. Reduce the load.
4. Stop before you react. Breathe. Observe.
5. The tolerance bucket fills up gradually. Act in yellow, because in red it is already too late.
6. When behaviour changes suddenly, check physical causes first.
7. Even a good day can be hard work. Masking uses up energy.
8. A steady adult lends calm to the nervous system. Your energy is catching.
9. The same sense can be over-sensitive, under-sensitive and change quickly. Explore each person individually.
10. The goal: the person no longer needs behaviour to be heard.

© Lainattu Rauha® · Borrowed Peace · W.H.I.C.H.