

I can rest here.

I can take my time.

I can ask for help.

I can leave when I want.

A round door. A quiet garden. A place to take your time.

A little reminder for me

Choose a thought, or just look. No need to say it out loud.

I can rest.

I can take a break when I need one.

Help, please.

I can ask someone to help me.

My feelings matter.

My feelings matter, even when they feel big.

I can say no.

I can say no to a touch or an activity.

I can choose.

I can choose what feels comfortable for me.

I can take my time.

I do not have to rush to feel ready.

Use the whole page, or ask a grown-up to cut out a card. You do not need to repeat a phrase.

I need something

I can point, show, sign, or use my device.



Help



Break



Too loud



Less light



Space



Stay near



No touch



Water



Toilet



Something hurts



Not sure

Something else

For grown-ups: introduce these pictures together when settled. Keep the child's usual communication system available; these are optional extra cards.

Trace the garden path

Follow this same garden path with a finger or a crayon. You can stop anywhere.



Clay Moss Pond

A little garden of your own

Draw or color here, if you like.

You can leave this empty, too.

A corner that feels like them

Make a little reading nook with things you already know and love.

A few familiar things

- A familiar cushion or mat
- A favorite storybook
- A soft toy, if you like one

Introduce it together

Explore the space and picture choices when your child feels settled. Start with one or two familiar options. Let them arrange the corner, skip an activity, or change their mind. It is always voluntary; there is nothing to earn or finish.

In an overwhelming moment

Reduce avoidable noise, bright light and demands. Offer a short message, then time: “I'm here.” “You don't have to talk.” Ask before touch. Offer space or quiet company. Harmless movement is welcome.

Make room for safety and comfort

Keep a clear exit and a caregiver available. Never use the corner as punishment or forced isolation. Choose items suitable for age and mouthing needs; avoid loose small parts and water beads. Weighted or compression items need individual professional guidance.

Why these choices?

These are everyday supports, not treatment. The specific phrases, art and themed activities have not been clinically validated. The guidance below supports choice, connection, sensory adjustments and communication access.

- National Autistic Society · responding to overwhelm
- American Academy of Pediatrics · creating calm
- ASHA / NJC · communication, choices and refusal
- NHS Just One Norfolk · setting up a safe space
- CPSC · water-bead safety

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