

## Know your spectrum of shutdowns & meltdowns

### Aims

- To understand key aspects of shutdowns and meltdowns in relation to autism.
- Identify personal strengths and areas that are a challenge.
- Develop strategies to support and enhance shutdowns and meltdowns.

### Activities A - H

- Read Finn's worksheet and creative writing to further understand each topic and generate ideas.
- Teenagers' to think of examples in their life for each activity. Course leaders can also provide personal examples to further support the process.
- Consider the key features of the topics and how they influence other areas of our lives.
- Teenagers' to identify cause and effect between their experiences of shutdowns and meltdowns in relation to their emotions and behaviours.
- Refer to the additional support material provided on the website for each activity section.
- Additional poetry and narrative examples can be found on the creative writing wall for more inspiration.

Timings Book pages Website buttons	Activities
10–15 minutes  PAGE 208-211	<p style="text-align: center;"><b>Know your spectrum of shutdowns and meltdowns</b></p> <p><b>Introduction</b>            Read through the introduction and further explain or discuss the main topics. Refer to glossary for definitions and mind map for an overview.</p>
20-30 minutes  PAGE 217-218 Button 2  PAGE 219-220	<p style="text-align: center;"><b>My spectrum of shutdowns</b></p> <p><b>ACTIVITY A. YOUR WRITING PROMPTS</b>            Website additional writing prompts.</p> <p><b>ACTIVITY B. MY WORKSHEET</b>            Teenagers' complete the worksheet.</p>

<p><b>20-30 minutes</b></p> <p>PAGE 223-224 Button 3</p> <p>PAGE 225</p>	<p><b>My spectrum of partial shutdowns</b></p> <p><b>ACTIVITY C. YOUR WRITING PROMPTS</b> Website additional writing prompts.</p> <p><b>ACTIVITY D. MY WORKSHEET</b> Teenagers' complete the worksheet.</p>
<p><b>20-30 minutes</b></p> <p>PAGE 230-231 Button 4</p> <p>PAGE 232-233</p>	<p><b>My spectrum of meltdowns</b></p> <p><b>ACTIVITY E. YOUR WRITING PROMPTS</b> Website additional writing prompts.</p> <p><b>ACTIVITY F. MY WORKSHEET</b> Teenagers' complete the worksheet.</p>
<p><b>20 minutes</b></p> <p>PAGE 236-237</p> <p>PAGE 239</p> <p>PAGE 240</p>	<p><b>What's my spectrum of shutdowns and meltdowns?</b></p> <p><b>ACTIVITY G. MY WORKSHEET</b> Teenagers' recap and summarise main points learnt throughout the chapter.</p> <p><b>ACTIVITY H. MY WORKSHEET</b> Teenagers' complete creative writing section using poetry, mini-stories or a narrative.</p> <p><b>ACTIVITY I. MY PROFILE CHART</b> Teenagers' create a personal profile relating to the chapter.</p>