



12 Signs of Sensory Overload

1. Loss of balance/co-ordination
2. Skin flushes/goes pale
3. Child is verbalizing STOP
4. Child steadfastly refuses activity
5. Racing heartbeat
6. Hysteria/Crying
7. Stomach distress: cramps, nausea, vomiting
8. Profuse sweating
9. Child becomes agitated/angry
10. Child begins repeating (echolalic)
11. Stimming occurs
12. Child lashes out

If this occurs stop activity and consider how often and during what type of activity this occurs.

(The above information is courtesy of EZ Tools for Autism and references from 1001 Great Ideas; E. Notbohm & Veronica Zysk)

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