



The 5 Rs

**Tips for supporting
autistic pupils
experiencing a
meltdown or shutdown**



Relax

Stay calm, quiet and small. Lower your voice and get down on the pupil's level. Don't move location unless unsafe to themselves or others.

1



Reduce

Adapt the surrounding sensory environment. Limit your verbal communication. For example, turn off the lights and stop spoken language.

2

Restore

Have a restorative conversation after the meltdown or shutdown. If they have accidentally broken something, clear it up together. Plan the next steps.

5



4

Reassure

Once the pupil has calmed, communication might still be limited. Try to use visual communication tools like a whiteboard to draw what happened.



3

Regulate

Provide some co-regulation support. Offer a calming activity, object or place. Model this calming strategy. Direct the pupil to a quieter, calmer space.



After care is important