

Communication Sheet

If someone is pointing to something on this sheet, they are letting you know how they are feeling right now.

Confirm with them you are understanding correctly before acting.

**Upset
Sad**



**Happy
Good**



Scared



Too Hot



Too Cold



Tired



**Dizzy
Confused**



Angry



Sick



**Over
Stimulated**



This page is intended to be used when communication may be difficult.
This can be in moments of over stimulation, impairment, mental health moments,
loud environments or otherwise.

It's best not to make assumptions about why this sheet is being used.

Communication Sheet

If someone is pointing to something on this sheet, they are asking for assistance or for you to find someone who can help.
Confirm with them you are understanding correctly before acting.

Food



Water



**Medical
Attention**



**Away from
someone**



**My
Medication**



**Dungeon
Monitor**



Aftercare



Outside



**A Quiet
Place**



**I Want To
Leave**



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