Name: _____

Circle the overwhelmed picture.

Look at the pictures. Circle overwhelmed.

1





2





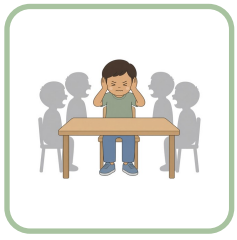
3





4





Trace the word.

Trace the word overwhelmed.



overwhelmed
overwhelmed
overwhelmed

Name: _____

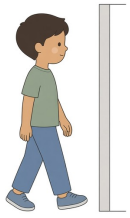
Things that help overwhelmed: cut and glue.

Cut out the pictures. Glue them in the help box.

Glue here.

✂ Cut on the dashed lines.






How does overwhelmed look for you?

How does overwhelmed look for you? Circle your ways.






my way

Name: _____

Match the picture to the word.

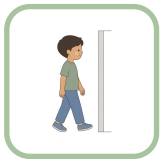
Draw a line to the matching word.











- headphones
- too loud
- leave
- cover ears
- too bright

Fill in the word.

Pick a word from the box. Write it in the space.

loud · bright · headphones · leaves



1. The lunchroom is too _____.



2. The lights are too _____.



3. Sam wears _____.



4. Sam _____ the room.

Name: _____

First, next, last.

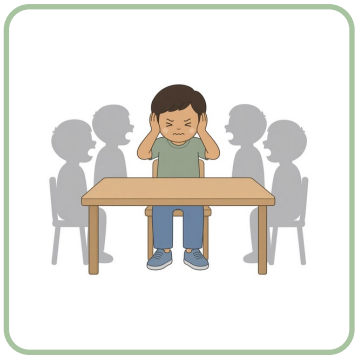
Put the pictures in order. Write 1, 2, 3.



Sam covers their ears



Sam goes to a quiet place



The lunchroom is loud

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Too much noise can feel overwhelming.

2. A meltdown is naughty.

3. Leaving a loud room is OK.

4. I must stay in a loud room.

Name: _____

My too-much list.

Draw or write three things that are too much for you.

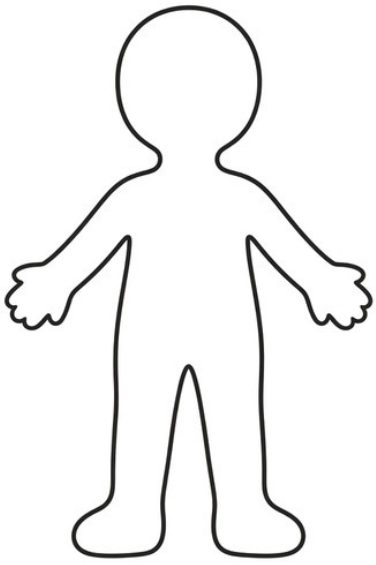
1

2

3

My body and overwhelmed.

Where do you feel overwhelmed in your body? Color it.



- ☐ ears hurt
- ☐ eyes hurt
- ☐ cannot talk
- ☐ want to run
- ☐ want to hide
- ☐ heavy body
- ☐ crying
- ☐ my own way: _____

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “The lunchroom is too loud.”

2. “A party has too many people.”

3. “Lee is overwhelmed.”

Today.

Today it was too much when...

What helped?

Overwhelmed · Answers

For grown-ups

Name: _____

Answers

E1: row 1: sam overwhelmed; row 2: sam cover ears; row 3: hide-hood; row 4: loud-lunchroom
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: loud-lunchroom = too loud; bright-shop = too bright; sam cover ears = cover ears; sam headphones = headphones; sam walk away = leave
D2: 1. loud; 2. bright; 3. headphones; 4. leaves
D3: 1. The lunchroom is loud; 2. Sam covers their ears; 3. Sam goes to a quiet place
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Meltdowns and shutdowns are involuntary responses to overload, not tantrums or bad behavior. Never punish them.
- In the moment: reduce input. Fewer words, lower lights, less noise, more space. Keep everyone safe.
- Do not ask questions or demand eye contact during overload. Talk later, if at all.
- Allow and plan exits: a quiet room, headphones, sunglasses, a break card.
- Watch for early signs (covering ears, hiding, rocking) and offer a break before overload grows.
- After overload, the child may be very tired. Offer rest and low demands.