

COLOR ZONES



Plain Language Cards

GREEN



Calm
Steady
Okay

YELLOW



Tense

Uneasy

ORANGE



Overloaded
Overstimulated

RED



In crisis
Overwhelmed

BODY FEELINGS



Plain Language Cards

Fast Heartbeat



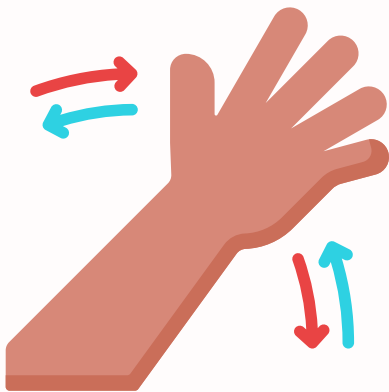
Heavy Chest



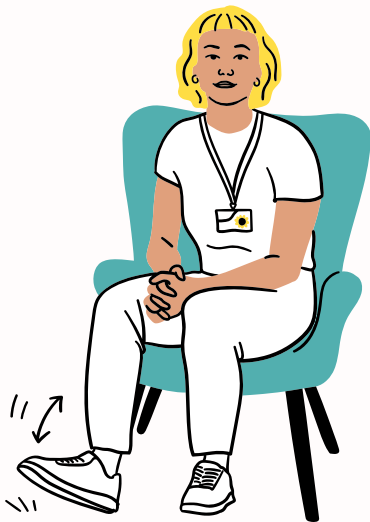
Foggy Head



Shaky Hands



Jittery Legs



Hot /
Overwhelmed



Cold / Numb



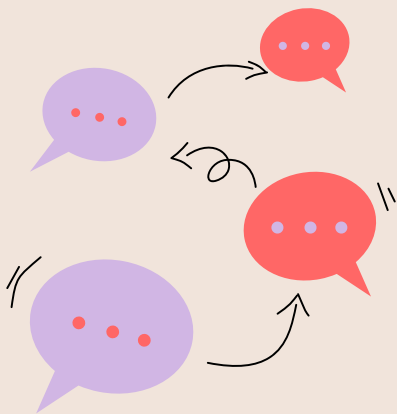
Too many
thoughts



Shut Down



COMMUNICATING NEEDS



Plain Language Cards

When You Need to Ask for Something



“I need the lights dimmed for my sensory comfort.”



“Please explain that in plain language.”



“I need to see the interpreter before making a decision.”

When You Want to Say No



“I am not comfortable with that right now. Ask again later.”

“Stop. I need more information before continuing.”

“I am saying no.”

When You Need Support



“I need my support person in the room.”



“I need extra time to process before deciding.”



“Please speak directly to me, not only to my support person.”

When You're Being Ignored



“You are not respecting my communication needs.

“Please slow down.”

“I am entitled to language and disability access under the law.”