



Autistic self-care check-in



BY AUTISTICS, FOR AUTISTICS

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.
PLEASE ONLY CHOOSE ACTIVITIES THAT ARE SAFE FOR YOU TO ENGAGE IN.



☐ DRINK WATER/STAY HYDRATED

☐ LIMIT SOCIAL MEDIA/NEWS INTAKE

☐ HAVE A STIM SESSION

☐ TAKE MY MEDICATION

☐ PLAY VIDEO GAMES

☐ CONNECT WITH FRIENDS SAFELY

☐ CUDDLE A PET/WATCH ANIMAL VIDEOS

☐ READ/LISTEN TO A BOOK/EBOOK

☐ INDULGE IN YOUR AUTISTIC JOYS

☐ WASHING FACE AND HANDS



Wash
YOUR
Hands

