

Autism Meltdown Support Plan

Use this printable plan to track triggers, calming strategies, and progress for autism meltdowns.

Trigger Tracking

Date	Trigger	Location	Notes

Calming Strategies

Strategy	Works? (Yes/No)	Notes
Deep breathing		
Quiet space		
Fidget tool		
Music / headphones		

Meltdown Behavior Log

Date	What Happened	Response Used	Outcome