Calm Through Colour: Autism — Calm & Understanding

Build a pattern your way

You can draw, point, write or talk it through with someone.

Have a go

Start a repeating strip with a circle, two dashes and a circle. Carry it on, or invent a different repeat with marks that feel comfortable to make.

Try another step

Make a second strip. Show where someone else could add a mark, or choose to finish it yourself. Point to a part you like.