

Designed to support children who experience  
challenges with language, transitions,  
and emotional regulation.

# SIGNAL CARDS

Including ASL images

**\*TRANSITIONS**

**\*COMMUNICATION**

**\*EMOTIONAL REGULATION**

Created by Louise Masin Sattler,  
Nationally Certified School Psychologist



## **ABOUT SIGNAL CARDS**

As a school psychologist, I have worked with thousands of children, teachers, and parents. And over these years, I noticed that there was a recurring theme - how to help a child transition from a preferred activity (e.g. screentime, playing with a game, building with blocks, etc.) to a nonpreferred activity (getting ready for bed, math, reading, or writing assignments, eating a meal, etc.) without having a meltdown, ignoring the request, or fleeing (elopement).

I created SIGNAL CARDS to build communication bridges and promote learning! Better communication = reduced stress! This version includes ASL images, as well.

## **HOW TO USE SIGNAL CARDS**

There is no one way to use SIGNAL CARDS. Use your imagination to create the communication tool you need! Note these cards are organized by categories. They can be used digitally or printed to make hands-on tools. Feel free to create charts, posters, games, communication tools, and other items.



**IMAGES to  
SIGNAL A BREAK  
IS NEEDED**

**BREAK**

**TIME**



**BREAK**

**TIME**



**BREAK**

**TIME**



**BREAK**

**TIME**



# BREAK

# TIME



# BREAK

# TIME



# BREAK

# TIME




I  
NEED  
A  
BREAK



I  
NEED  
A  
BREAK



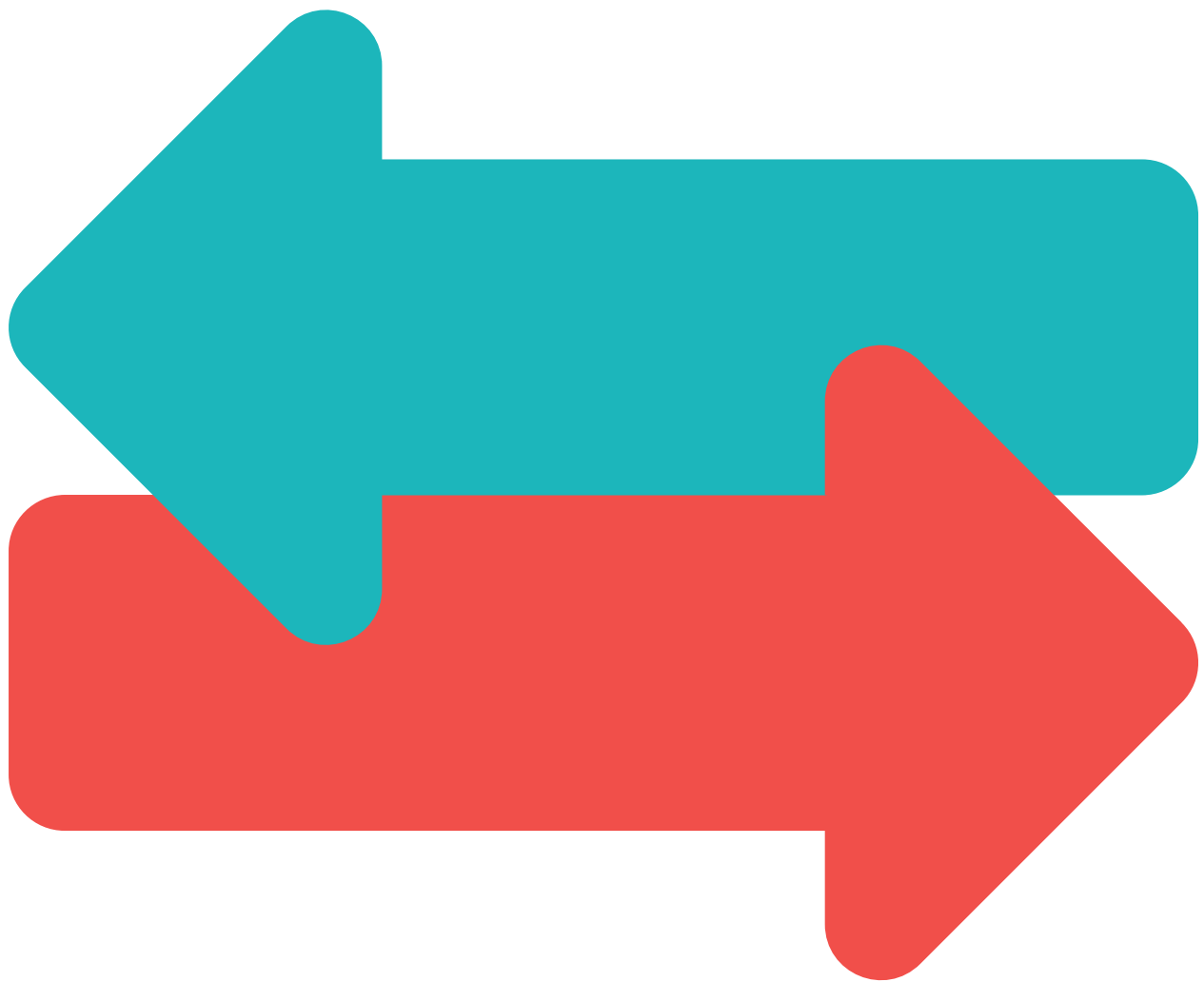


**IMAGES to HELP**  
**with**  
**TRANSITIONS**

**TIME TO  
CHANGE  
ACTIVITIES**



# TIME TO CHANGE ACTIVITIES






# SWITCH



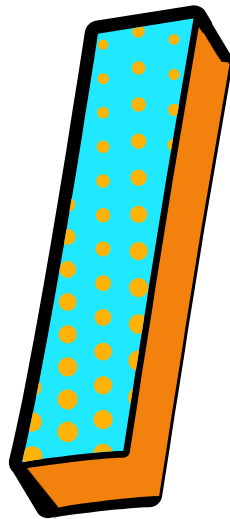


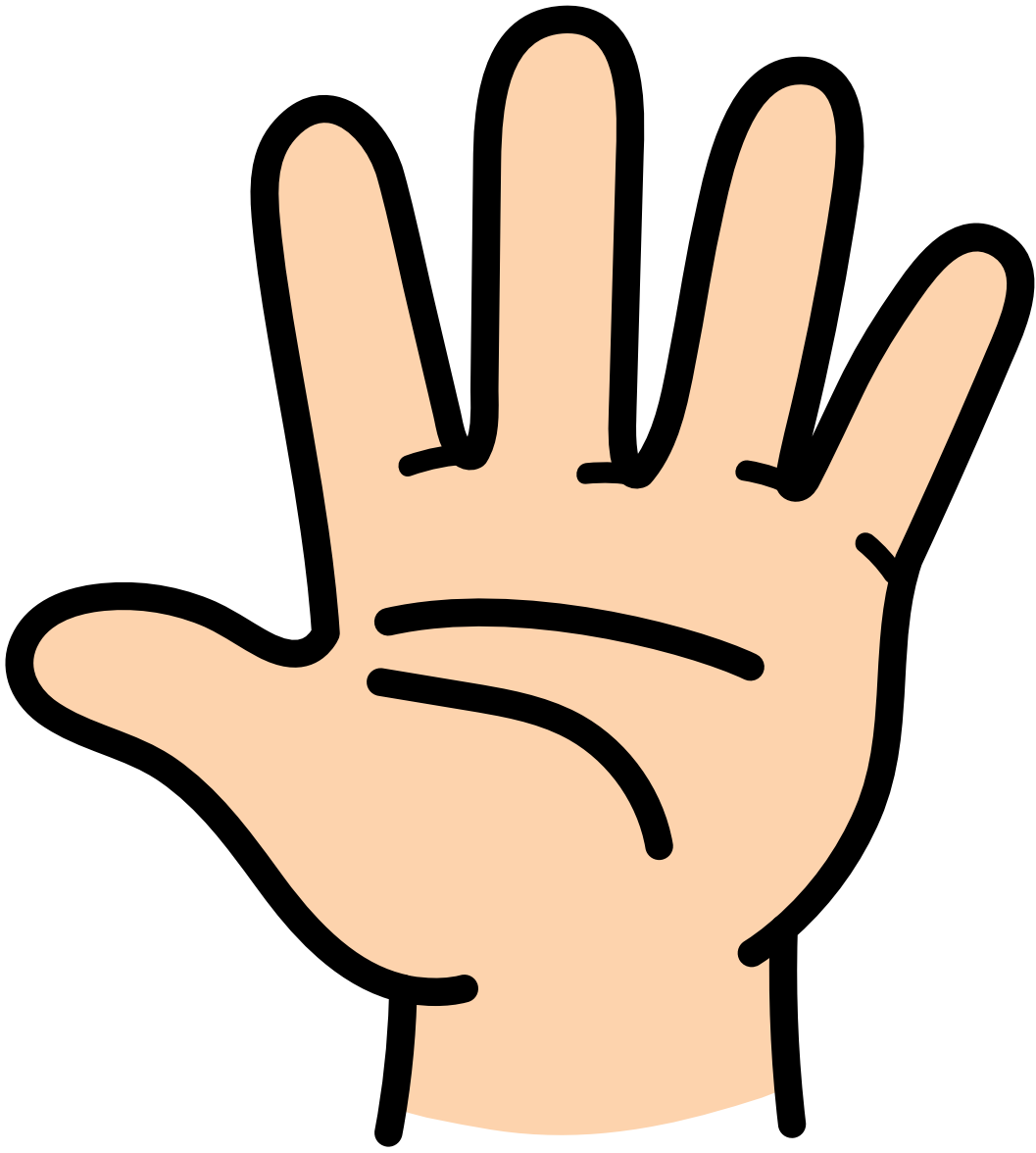
**TIME**  
**IS**  
**DONE**

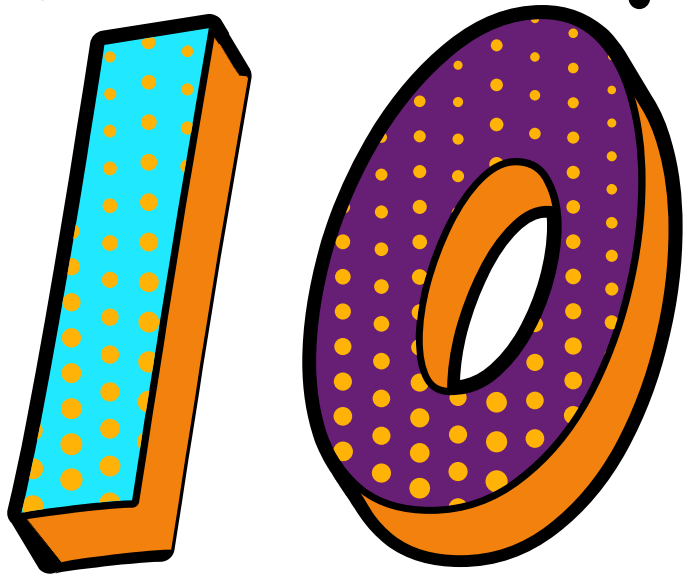
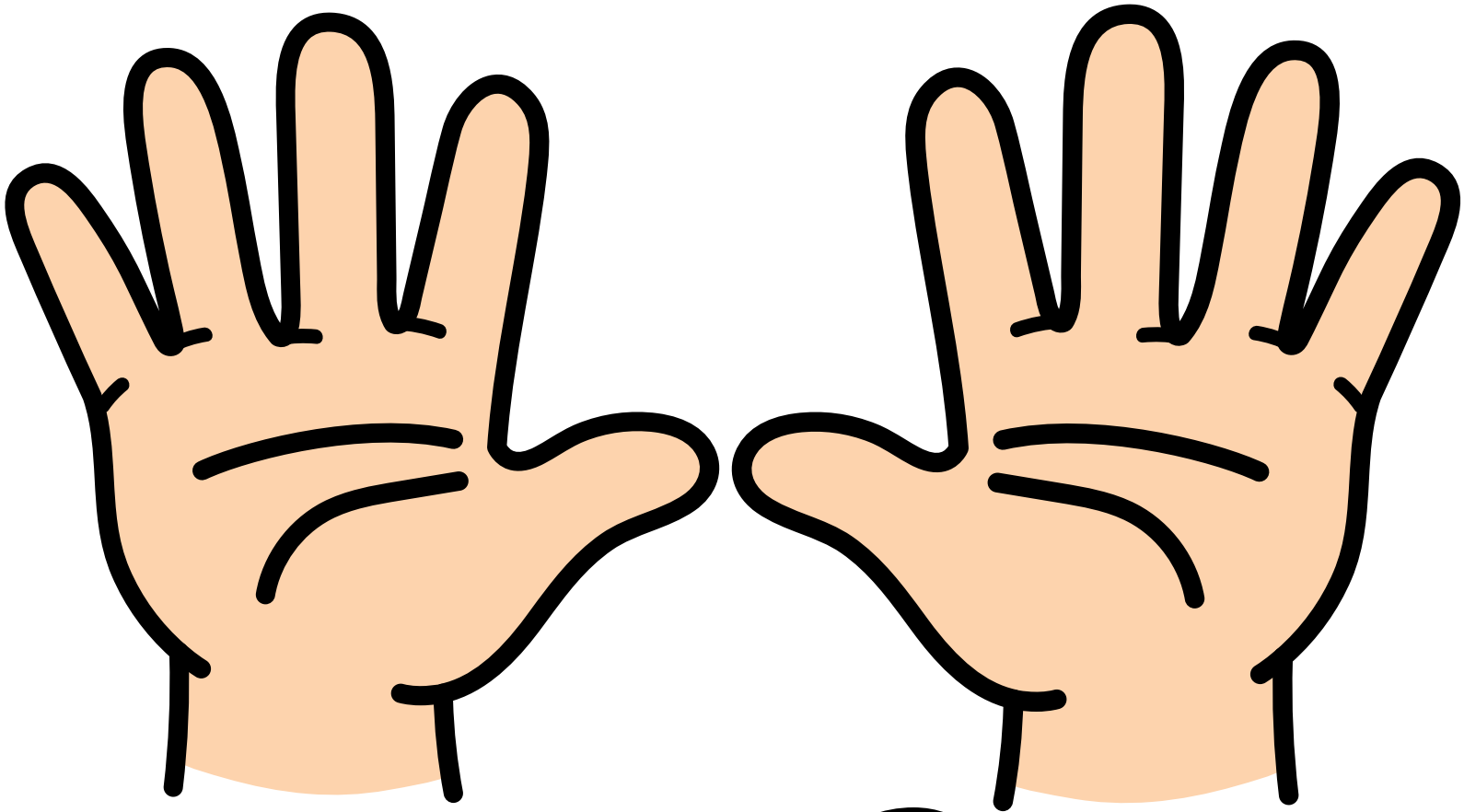


**IMAGES TO HELP with  
COUNTDOWN for  
TRANSITION TIME or  
BEHAVIOR MANAGEMENT.**







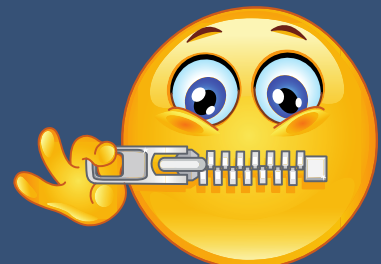




**I NEED HELP**

I FEEL...

# I FEEL ...





**HAPPY**



**SAD**



**ANGRY / MAD**



**SCARED**



**TIRED**



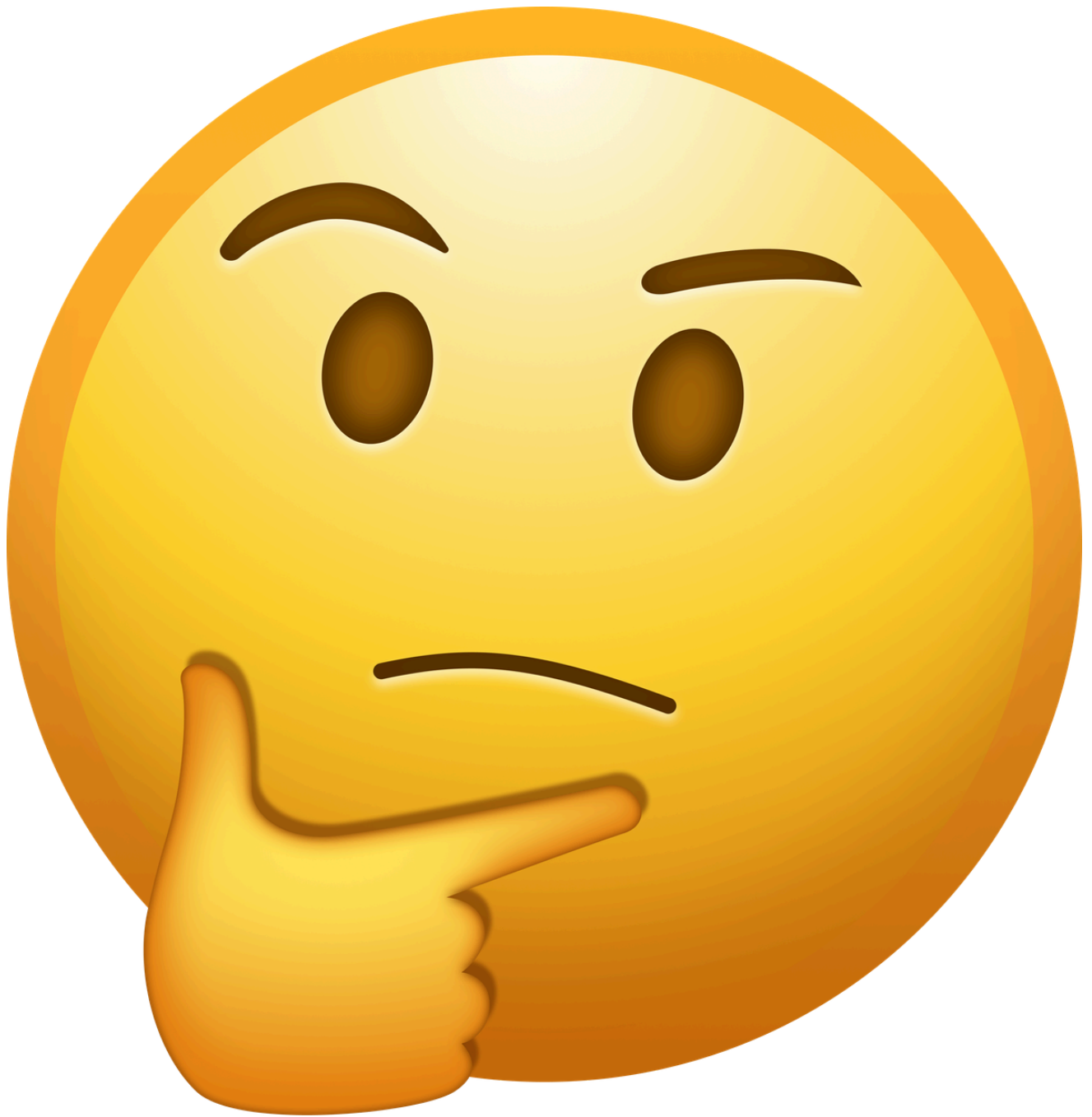
**DISAPPOINTED**



**EMBARRASSED**



**SICK**



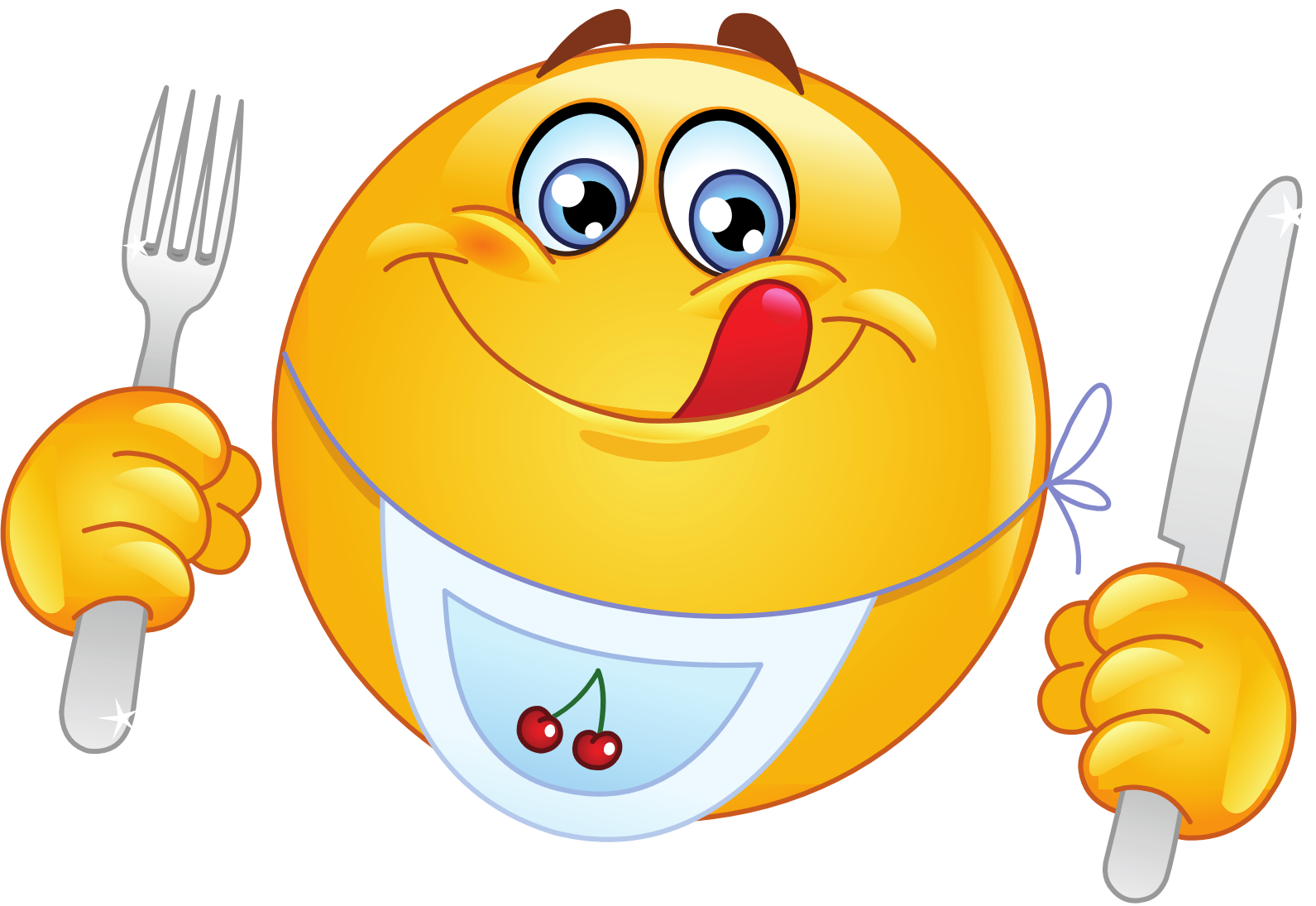
**I DO NOT KNOW**



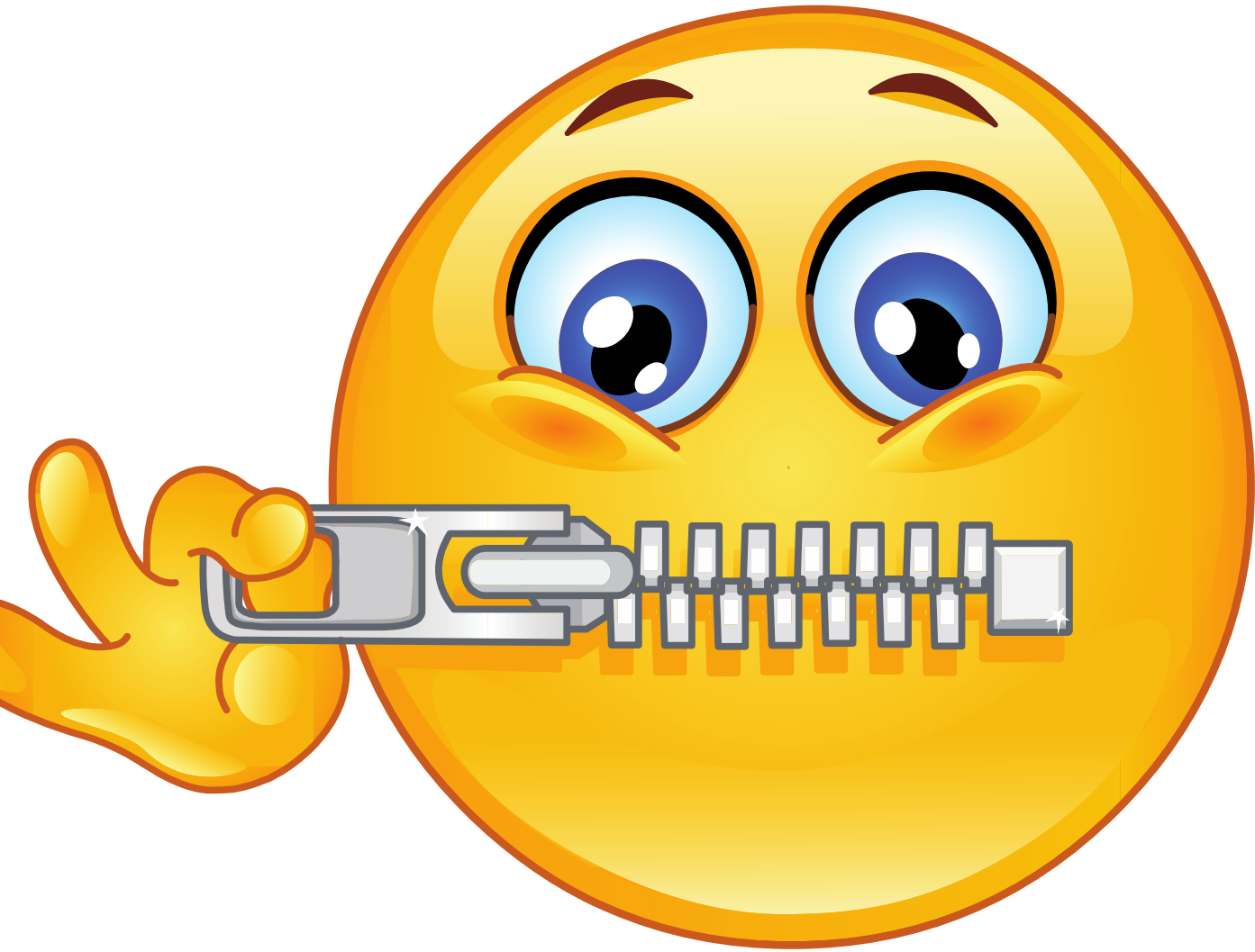
**FRUSTRATED**



**OVERWHELMED**



**HUNGRY**



**I do not want to  
answer the question**



**I do not want to use my  
voice.**

**I will write my answer or  
use  
my device.**



**I NEED A BREAK**

**NOW!**



**FEELING GOOD**



**LOVE**



**NOT FAIR**



**YES**



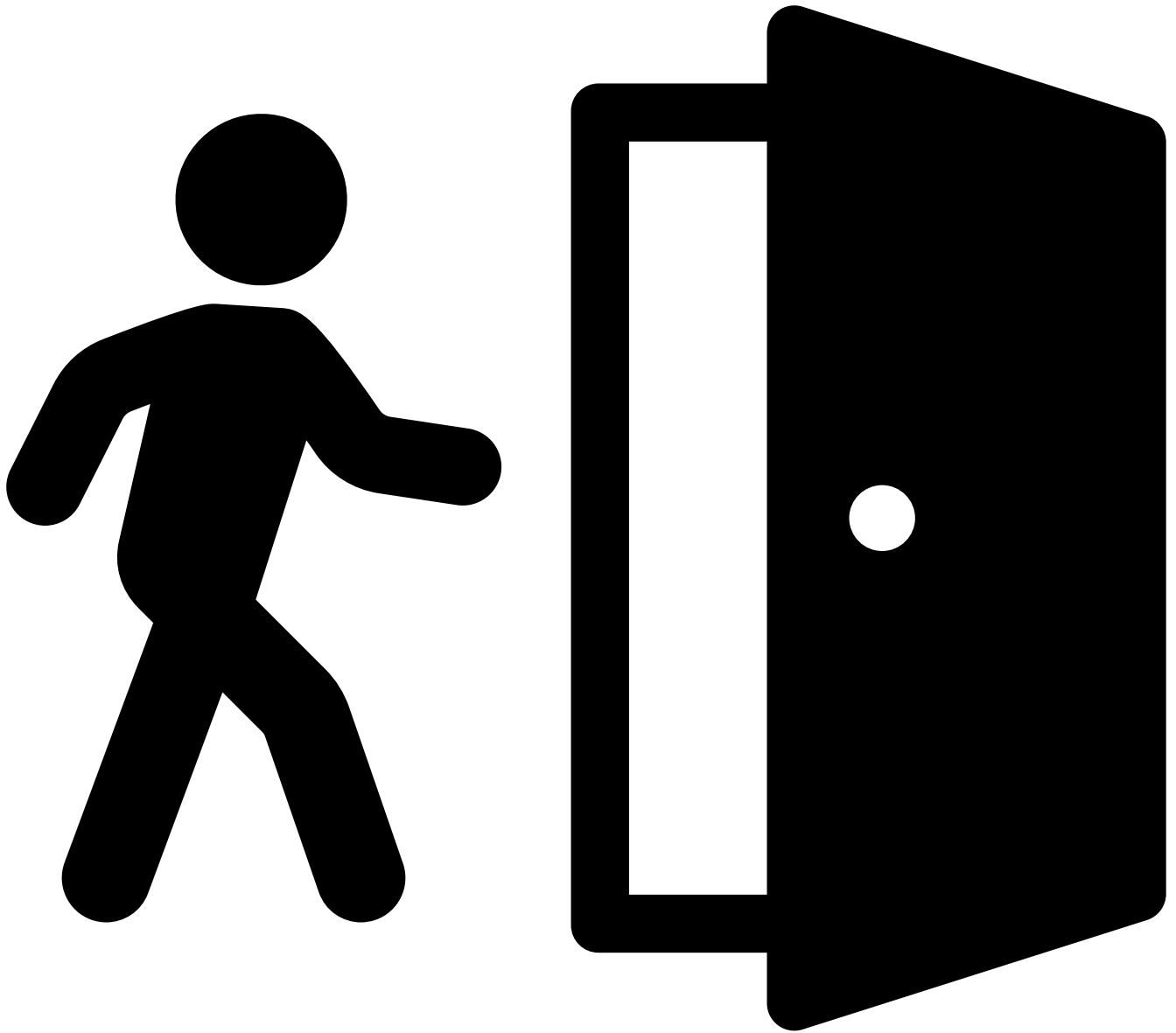
**NO**



# **Images for Actions**



**QUIET VOICES**



**NEED TO GO**



**LINE UP**



**PLEASE  
LOOK AT ME**

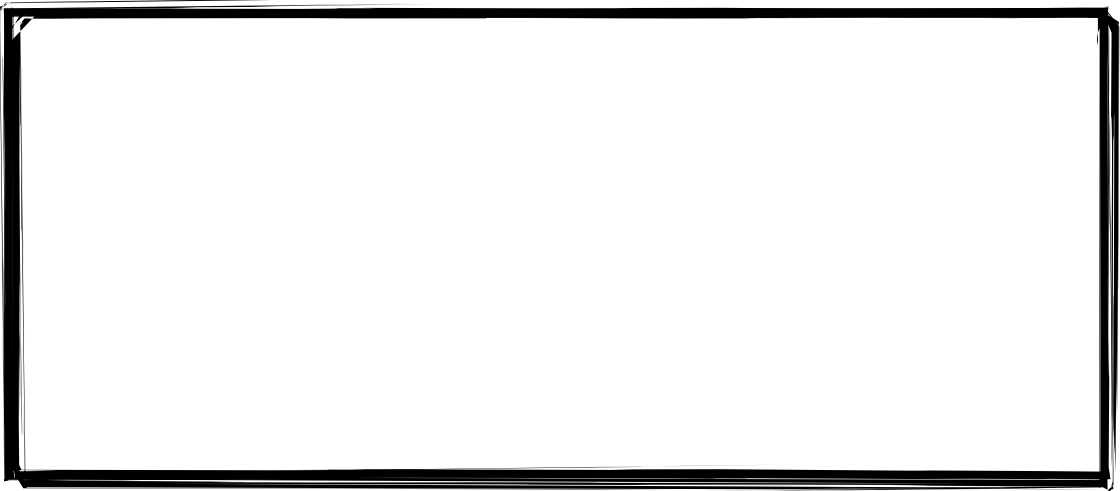
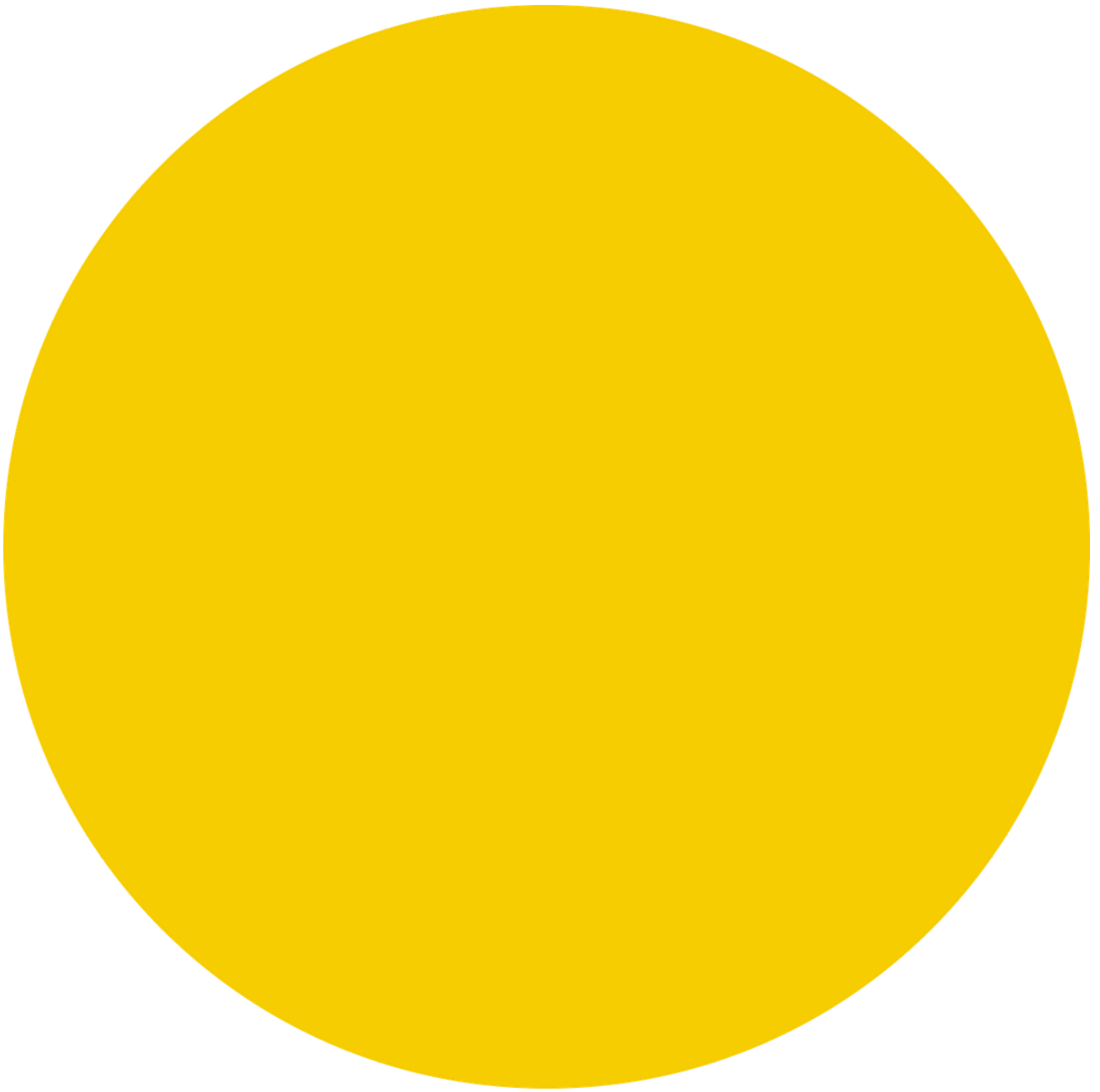


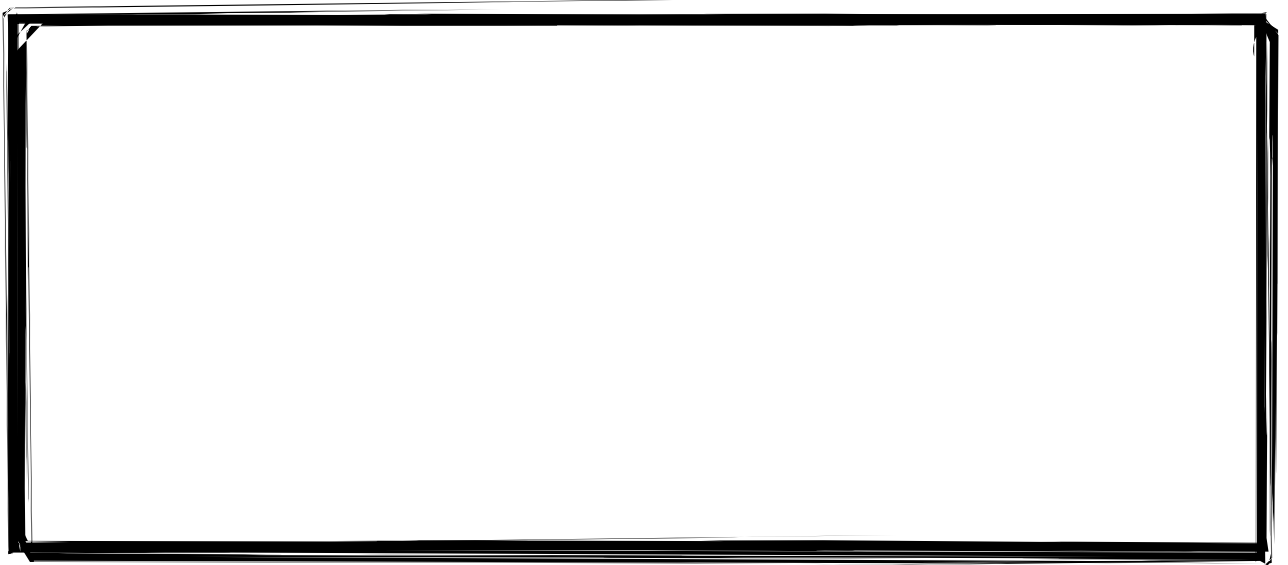
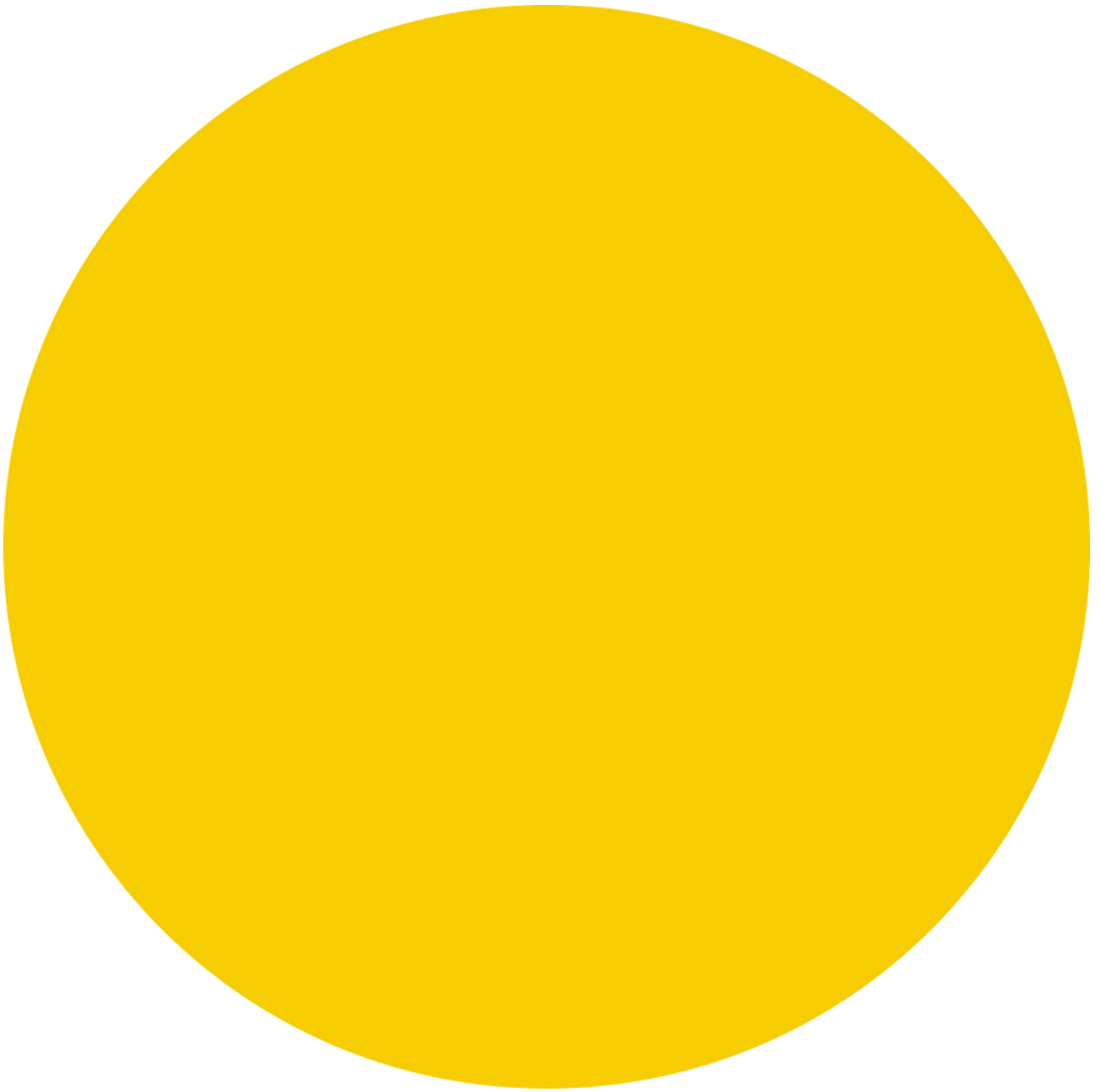
**DON'T TOUCH**

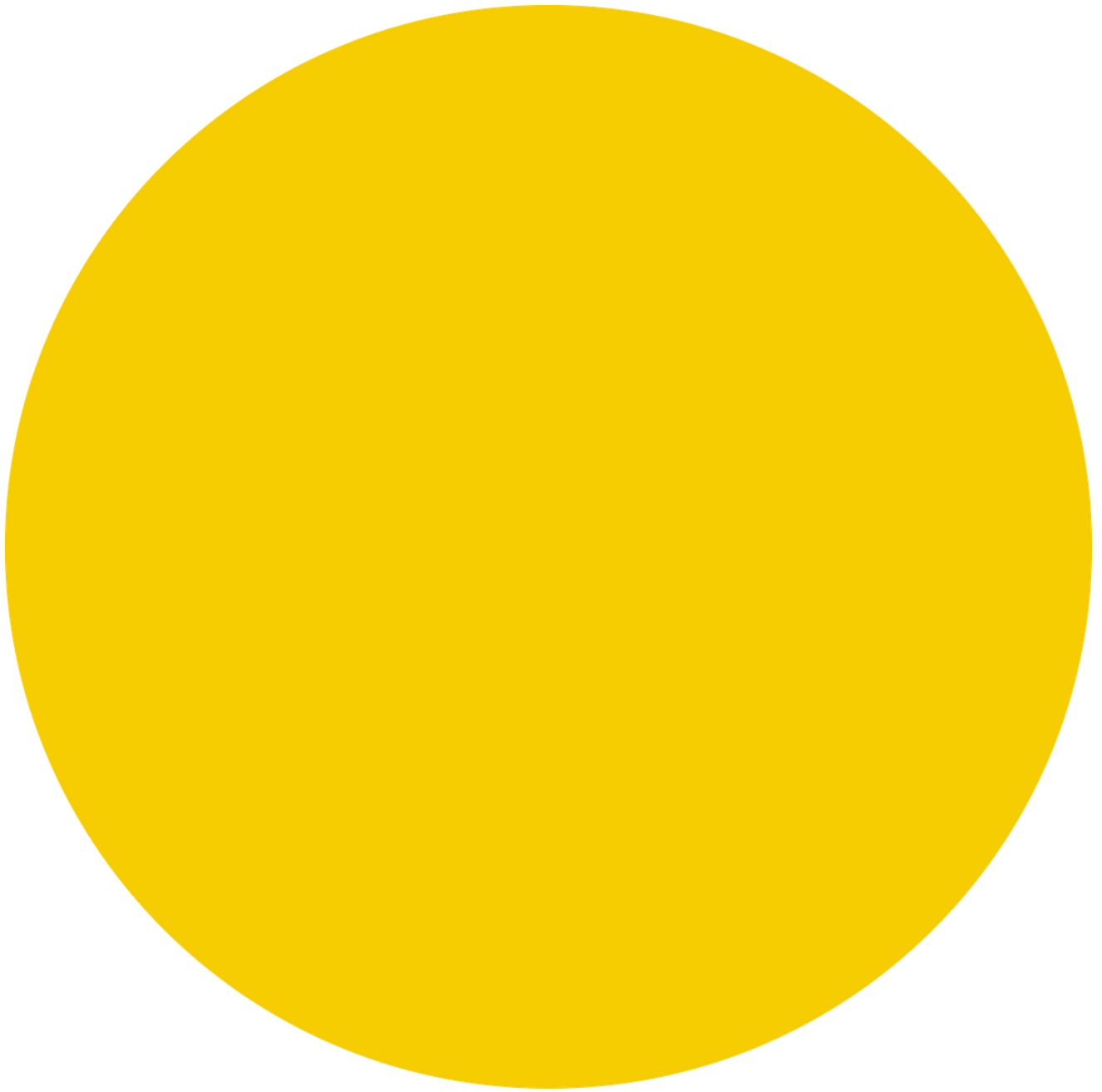


**DON'T TOUCH**

**MAKE  
YOUR  
OWN on  
the NEXT  
PAGES**









thank you

you



**If so inclined - Please follow me - Louise Masin Sattler  
- on Instagram, Pinterest, and LinkedIn!**

**And, much more information is available on my  
website: [LouiseSattler.com](http://LouiseSattler.com)**

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