Body comfort

Yes

No

Help

Stop



My body hurts



My clothes bother me

I am hot

I am cold

I feel tired

I need to move



I need to sit



I need water

An optional activity supplement. Keep the person's usual communication system available.
Activity idea and picture credits are on page 2. Retain both pages when sharing this PDF.

Body comfort - activity and picture notes

Start with the activity

Make the board available during ordinary seating, clothing or room adjustments. Take comfort messages seriously.

Try another version

Discuss a chair, a sleeve or the room temperature using the same vocabulary.

Using the board

Let the communicator choose, comment, refuse or change the plan. These 12 pictures are a small activity vocabulary set, not a complete communication system. Choose a comfortable size and position. The browser version can speak messages using an available device voice.

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