

Reducing Aggression in Mild Autism

A Guide to Building Calmer Minds, Happier Hearts, and Brighter Futures.



Kshitij Mild Autism Support Services | Understanding • Supporting • Empowering

Kshitij

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Understanding • Supporting • Empowering

Reducing Aggression through Physical and Mental Activities

Calmer Minds | Happier Hearts | Brighter Futures

About Kshitij

Mild Autism Support Services

- Dedicated to children with mild autism and related developmental differences.
- Provides individualised, evidence-based support and intervention.
- Focus on building skills, confidence and independence.

Because every child has a unique horizon (Kshitij)!

What is Autism?

- A neurodevelopmental condition affecting communication, social interaction, behaviour and learning.
- Each child is unique – strengths and challenges vary.
- Mild autism:** better communication, more independence, but may still face social and behavioural challenges.

Understanding Aggression

- Aggression can be physical (hitting, kicking, biting) or verbal (shouting, screaming).
- Often a result of:
 - Frustration
 - Communication difficulties
 - Sensory overload
 - Changes in routine
 - Difficulty in expressing needs

Aggression is a message, not a misbehaviour.

Why Reduce Aggression?

- Ensures the child's safety and well-being.
- Improves learning and social interaction.
- Builds positive self-esteem and confidence.
- Creates a calmer home and school environment.

Less aggression = More opportunities for growth!

Our Approach

A balanced combination of Physical and Mental Activities

Physical Activities
 (Release energy, reduce tension, improve body control)

+

Mental Activities
 (Enhance focus, build coping skills, regulate emotions)

Together they create calm, confidence and control.

Benefits of Physical Activities

- Burns excess energy
- Reduces muscle tension
- Improves coordination and balance
- Enhances body awareness
- Promotes better sleep

Examples of Physical Activities

Outdoor Play & Sports

Jumping & Trampoline

Yoga & Stretching

Obstacle Courses

Cycling & Outdoor Walks

Sensory Activities

Benefits of Mental Activities

- Builds focus and attention
- Develops problem solving skills
- Reduces stress and anxiety
- Improves emotional regulation
- Enhances social skills

Examples of Mental Activities

Puzzles & Brain Games

Story Reading & Discussion

Mindfulness & Deep Breathing

Creative Arts & Drawing

Educational Activities

Positive Thinking Skills

Strategies to Manage Aggression

- Identify triggers and early warning signs.
- Use structured routines and visual supports.
- Offer choices and appropriate communication.
- Teach alternative behaviours.
- Praise positive actions.
- Provide a safe and calm environment.

Prevention, understanding and consistency work best.

Individualised Support Plan

- Assessment of needs and triggers
- Goal setting (behaviour, communication, social skills)
- Choice of physical and mental activities
- Regular monitoring and progress tracking
- Involvement of parents and caregivers

Real Life Examples

Rohan (Age 6)

- Used trampoline and movement games to reduce hitting behaviour. Now enjoys outdoor play and is calmer.

Aarav (Age 8)

- Using puzzles and story reading improved focus and reduced verbal outbursts.

Meera (Age 7)

- Yoga and deep breathing helped her manage frustration and improve emotional regulation.

Expected Outcomes

- Reduced frequency and intensity of aggression
- Improved attention and focus
- Better emotional regulation
- Increased participation in daily activities
- Greater independence and confidence

Progress, not perfection!

Role of Parents and Caregivers

- Learn and practice strategies at home.
- Use visual aids and simple language.
- Encourage and reinforce positive behaviour.
- Maintain a calm and supportive environment.
- Celebrate small achievements.

You are the biggest support in your child's journey.

Our Commitment

Compassionate Care

Individualised Support

Evidence-Based Strategies

Inclusion & Independence

Building calmer behaviour, stronger skills and brighter futures.

Thank You!

Together We Build a Calmer, More Confident Tomorrow.

References

- American Psychiatric Association. (2013). DSM-5.
- National Autism Center. (2015). National Standards Project.
- WHO. (2021). Autism Spectrum Disorder.
- Research studies on physical and mental activities in autism intervention.

Contact Us

Kshitij Mild Autism Support Services

Address :

Phone :

Email :

Website :

Let's build a brighter tomorrow – together!

Every child with autism has a unique story, unique strengths and a bright future.

At Kshitij, we walk with them on their journey.



Every Child Has a Unique Horizon

Our Focus

Dedicated exclusively to children with mild autism and related developmental differences.

Our Method

Providing individualized, evidence-based support and intervention.

Our Goal

Building skills, confidence, and independence.

“Because every child has a unique horizon (Kshitij), we walk with them on their journey.”



Visible Behaviors

- Physical (hitting, kicking, biting)
- Verbal (shouting, screaming)

Root Causes

Sensory Overload

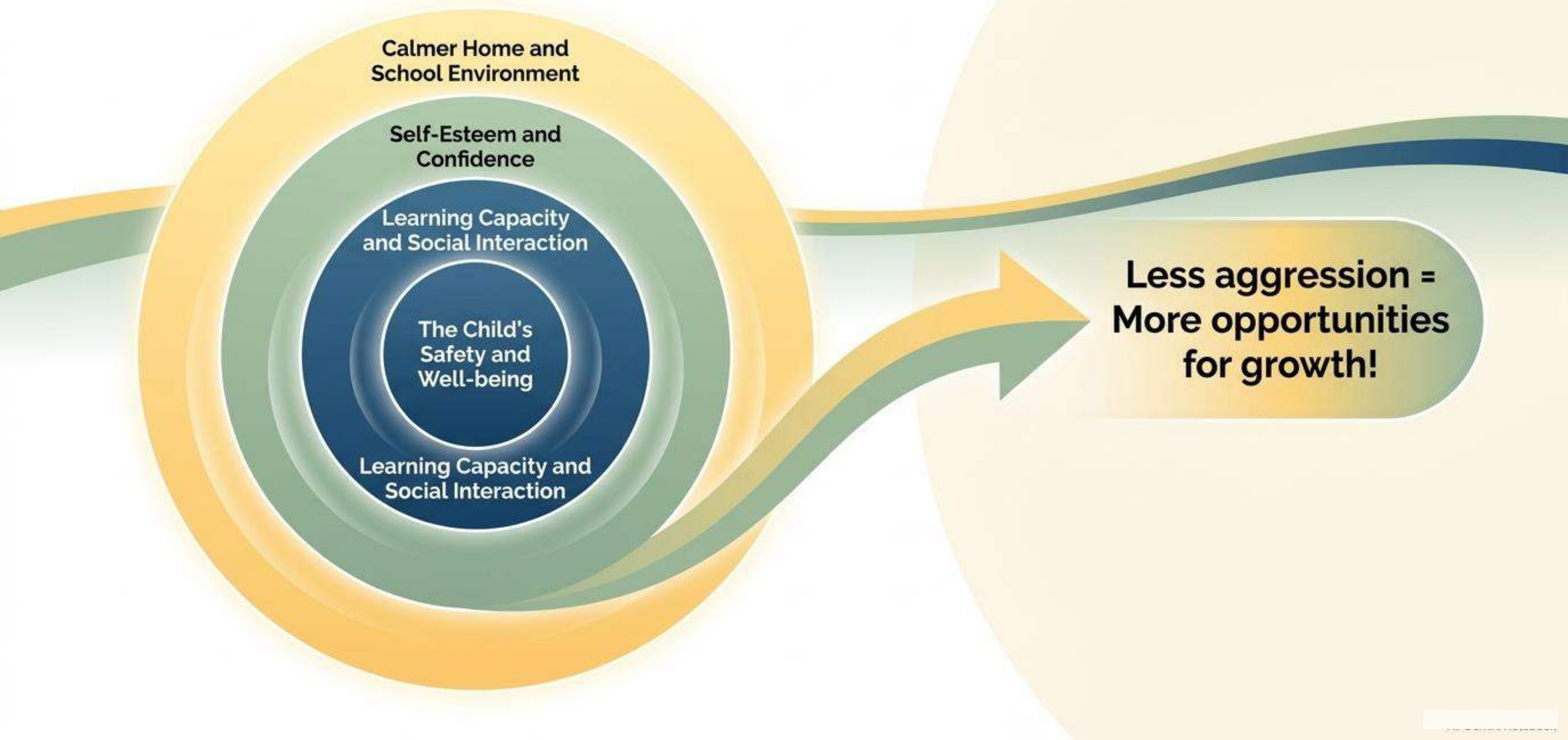
Communication Difficulties

Frustration & Difficulty Expressing Needs

Changes in Routine

Aggression is a message, not a misbehaviour.

The Ripple Effect of Aggression



The Kshitij Approach



The Body: Physical Interventions



Energy System:
Burns excess energy.

Muscles:
Reduces muscle tension.

Core:
Improves coordination
and balance.

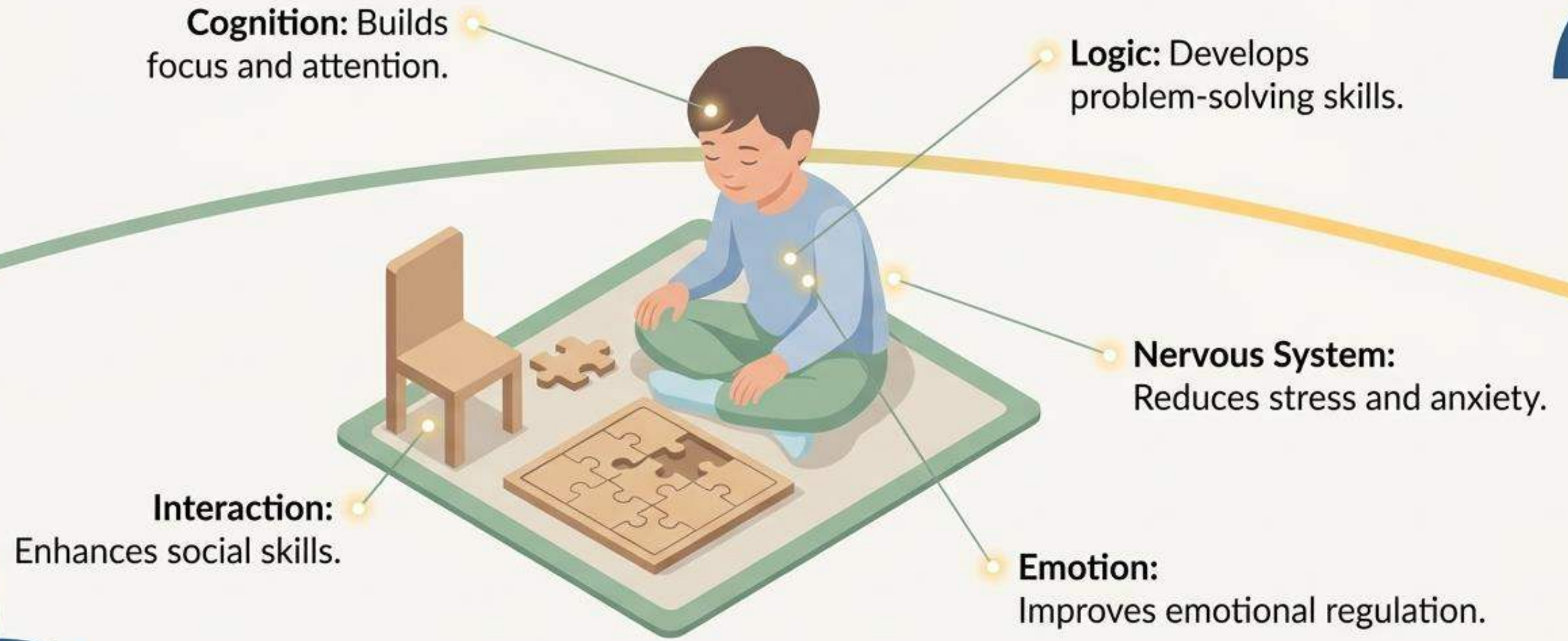
Mind-Body Connection:
Enhances body awareness.



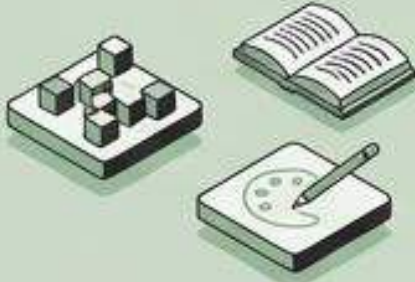
Rest:
Promotes better sleep.



The Mind: Mental Interventions



Balancing the Scale: When to Use Which Intervention

Physical Activities		Mental Activities	
Primary Goal	Release (Output)	Primary Goal	Regulate (Input)
Neurological Benefit	Burns tension, builds body control, prepares the body for rest.	Neurological Benefit	Builds focus, develops coping mechanisms, soothes the nervous system.
Kshitij Examples 	Outdoor play & sports (running, ball games) Trampoline jumping Yoga & stretching Obstacle courses Sensory activities (swinging, climbing)	Kshitij Examples 	Puzzles & brain games Story reading & discussion Mindfulness & deep breathing Creative arts (drawing, painting)

In-the-Moment Strategies

Escalation Timeline

Prevention

- Use structured routines.
- Implement visual supports.

Early Warning & Triggers

- Identify triggers early.
- Offer choices and appropriate communication.
- Teach alternative behaviors.

Incident Management

- Provide a safe and calm environment.

Prevention, understanding, and consistency work best.
Always praise positive actions.

The Individualised Support Plan



Assess

Assessment of specific needs and triggers.



Set Goals

Targeting behavior, communication, and social skills.



Curate

Selecting the ideal mix of physical and mental activities.



Track

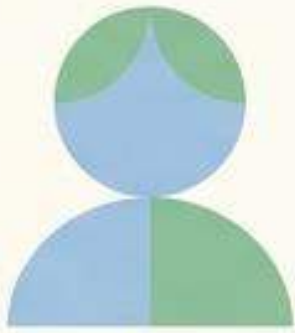
Regular monitoring and progress tracking.



Partner

Active involvement of parents and caregivers.

Real-Life Success Stories



Rohan, Age 6

Challenge: Hitting behavior.

Intervention: Trampoline and movement games (Physical).

Result: Now enjoys outdoor play and is visibly calmer.



Aarav, Age 8

Challenge: Verbal outbursts.

Intervention: Puzzles and story reading (Mental).

Result: Improved focus and significantly reduced shouting.



Meera, Age 7

Challenge: High frustration.

Intervention: Yoga and deep breathing (Integrated).

Result: Better emotional regulation and managed frustration.

Expected Outcomes

High frequency
and intensity of
aggression.

**Progress, not
perfection!**



- Improved attention and focus.



- Better emotional regulation.

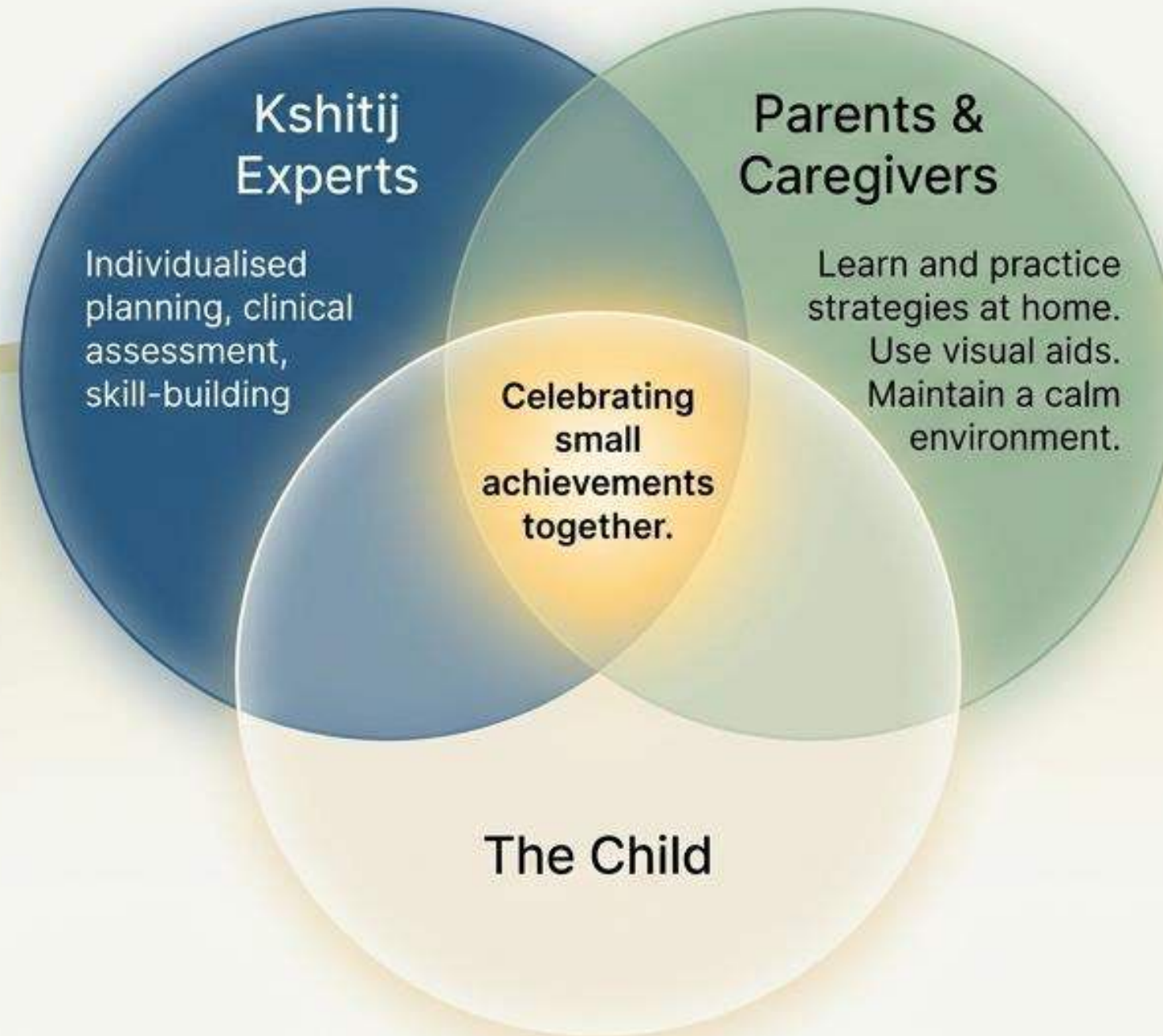


- Increased participation in daily activities.



- Greater independence and confidence.

The Care Ecosystem



You are the biggest support in your child's journey.

Our Foundational Commitment



Building calmer behaviour, stronger skills, and brighter futures

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