

Control My Volume

Personal volume is the loudness or softness of a speaking voice. It is important to think about volume, because if your voice is too quiet or too loud it can make others feel uncomfortable.

Look at the list of situations below. Check the box in the column that shows the correct volume of voice that should be used for each situation.

Situation	Soft	Normal	Loud
Working with a partner in class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Studying in the library	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheering at a sports game	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Playing inside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Playing outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When someone is sleeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talking on the phone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shopping at the supermarket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watching a movie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Riding on a bus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talking at lunchtime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pick three of the situations listed above and explain why you chose the volume level you did.

1. Situation: _____

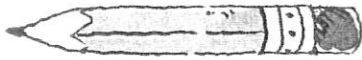
Why: _____

2. Situation: _____

Why: _____

3. Situation: _____

Why: _____



Conflict Log



Date: _____

Here's who I had a conflict with: _____

What triggered it? _____

How did I react? _____

Did my actions make the conflict better or worse? _____

How did the conflict end? _____

Did I go to the basement? The balcony? A little of both? _____

Here's how I feel about the way things turned out: _____

If my best friend had the same conflict, what would I have told him or her to do? _____

What could I have done differently? _____

When could I have stopped and taken some breaths to regain control? _____

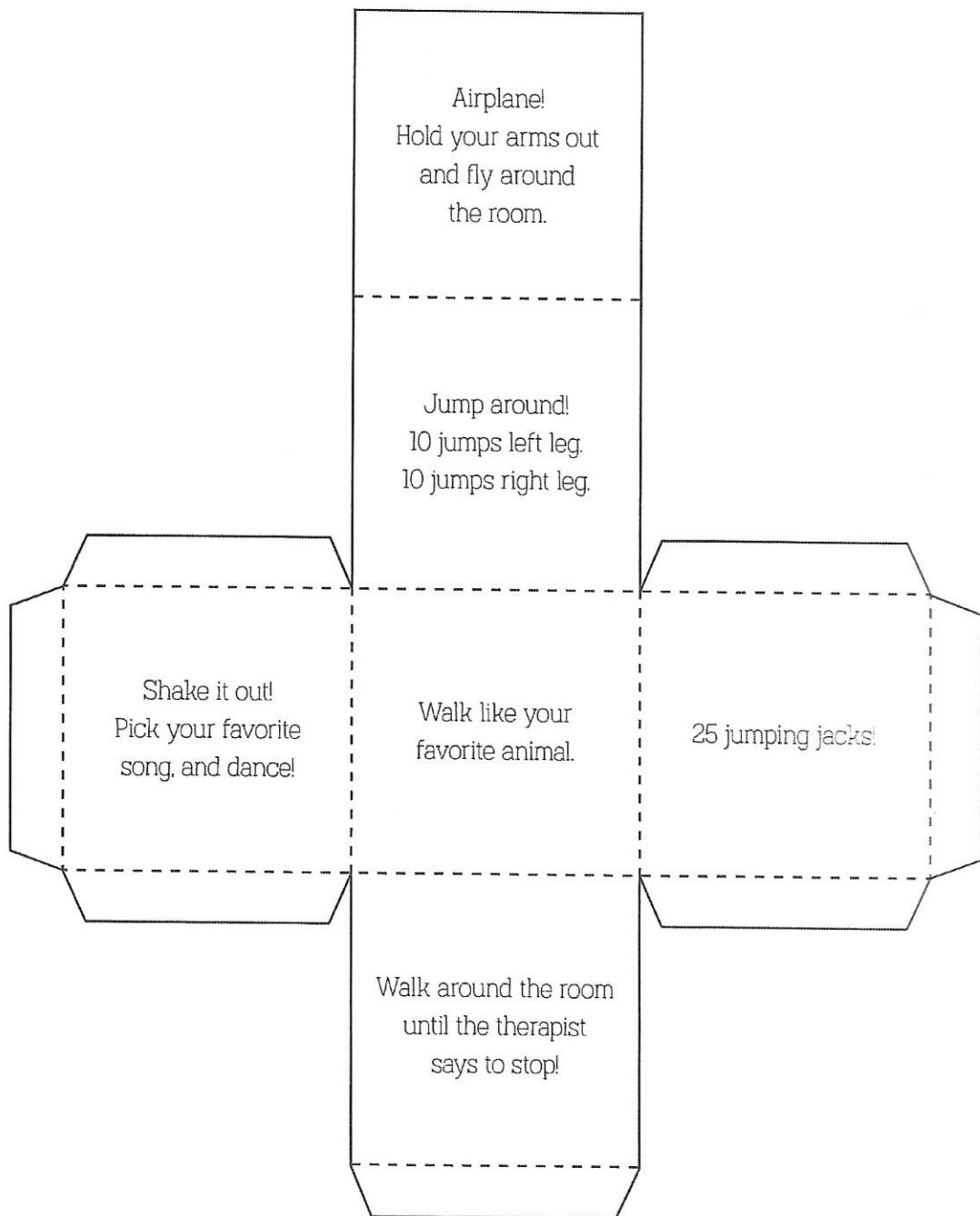
What could I have told myself in order to calm down? _____

What is one thing I did today, or can do tomorrow, to help me stay calm and in control during a conflict? _____

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Roll a Brain Break!

Encourage "brain breaks" during your session. Cut out the outline and fold and tape it to create a break cube. Have the client roll the cube and perform the task that they roll to help them refocus and connect with therapy.



Calm Down Plan

This activity will help the child develop a quick visual reminder of how to settle down when faced with triggers. Have the child brainstorm preferred strategies and create a small illustration or use a color to help calm themselves. Following is an example of a four-step process.

Example:

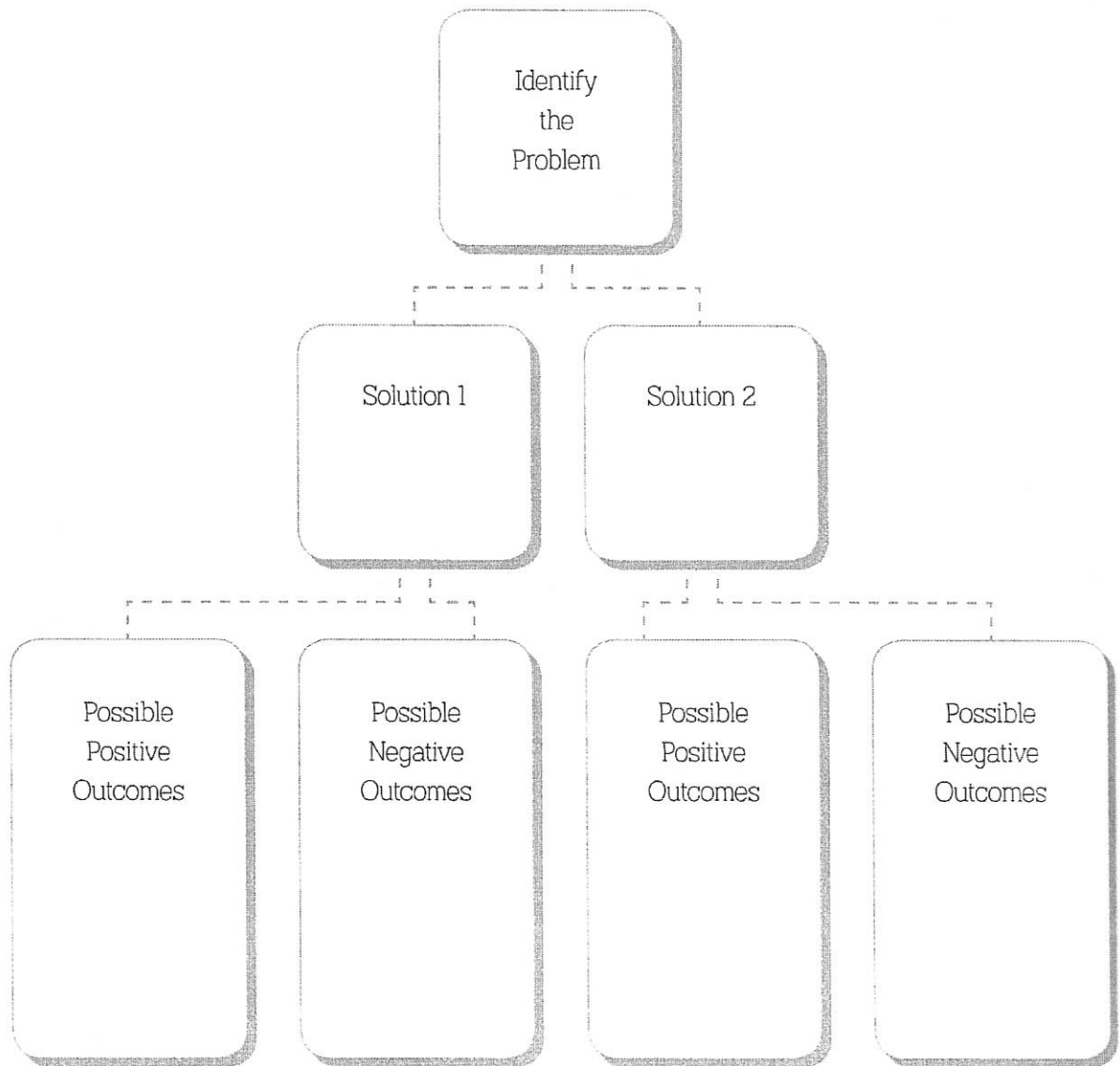
Calm Down Plan
1. Sit down
2. Close eyes
3. Take 5 deep breaths
4. Get back to work

Create Your Own:

Calm Down Plan
1.
2.
3.
4.

Finding a Solution

There are often several ways to solve a problem. Identify a current problem and brainstorm two solutions. What are the potential positive and negative outcomes of each solution? Below the chart, indicate the best solution to your problem and why it works.



Best Solution: _____

Thinking About My Warning Signs

How do you feel about and what do you think about your individual warning signs? What do others feel and think about them?

My Warning Signs <i>(e.g., fidgety, off task, talkative, daydreaming, overwhelmed, quiet, stressed)</i>	What I Think/ Feel About Them	What Others Think/ Feel About Them

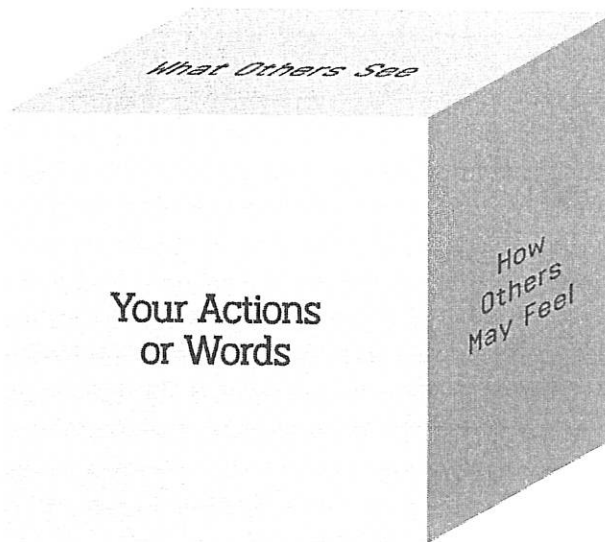
Say It or Swallow It

Just because we think it, that doesn't mean we should say it. Review the following questions and decide if you should say it or swallow it!

	Say It	Swallow It
I like how you did your hair today.		
Why are you wearing those glasses?		
Why are your teeth crooked?		
I like your other shoes better.		
Want to play a game with me?		
Can you help me with my work?		
I like the color of your shirt.		
Add your own:		

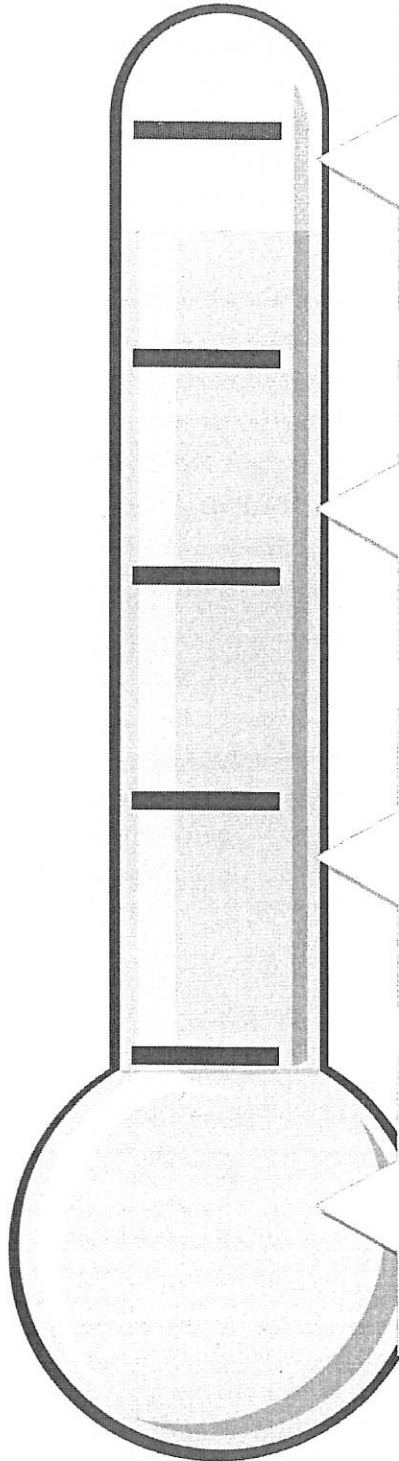
Looking at All Sides

Our words and actions are multidimensional. They can impact people around us in positive or negative ways. Stepping back and looking at the impact of our actions can be helpful. You know how it felt to help someone or to yell at someone, but how did that affect others around you? In the following chart, list some positive and negative actions you've done. List what those actions looked like and the impact they had on others.



Actions/Words	Positive		Negative		
	What Others See	How Others May Feel	Actions/Words	What Others See	How Others May Feel

What's My Emotional Temperature?



EXPLOSIVE

How does it feel? _____

What do I do? _____

How do I look? _____

What can other people do? _____

AGITATED

How does it feel? _____

What do I do? _____

How do I look? _____

What can other people do? _____

EXCITED

How does it feel? _____

What do I do? _____

How do I look? _____

What can other people do? _____

CALM

How does it feel? _____

What do I do? _____

How do I look? _____

What can other people do? _____

Times of Acting Out

Make daily notes on the time and intensity/description of acting-out behaviors. Use an intensity rating of 0 to 10, with 10 being most intense. In addition, make notes on any other information that was noticed prior to the acting-out behaviors.

Time of Day	Intensity Rating	Description	Additional Notes
7:30 AM	7	<i>Yelled because my mom made me oatmeal instead of toast.</i>	<i>Slept through my alarm. Upset that my mom was rushing me to get ready.</i>

Recipe for Success

Anger has different triggers, feelings, and responses. Different approaches work for different individuals. What recipe works for you? Identify your triggers, your anger responses, people who can support you, and strategies to help you keep your cool.

Recipe for Success

I get angry when _____

My body feels like _____

My usual response is _____

I can control by actions by talking to _____

I will use these strategies to stay calm: _____

It takes me _____ (amount of time) to calm myself.

Yell It from the Mountaintop

Write down a recurring thought that is creating feelings of anger. Write it large and in bold as if you were yelling it from a mountaintop. When you are finished, take the paper, crumble it up, and then throw it in the trash, releasing the negative thought. Note how your body felt while writing the thought and how it felt after releasing it.

