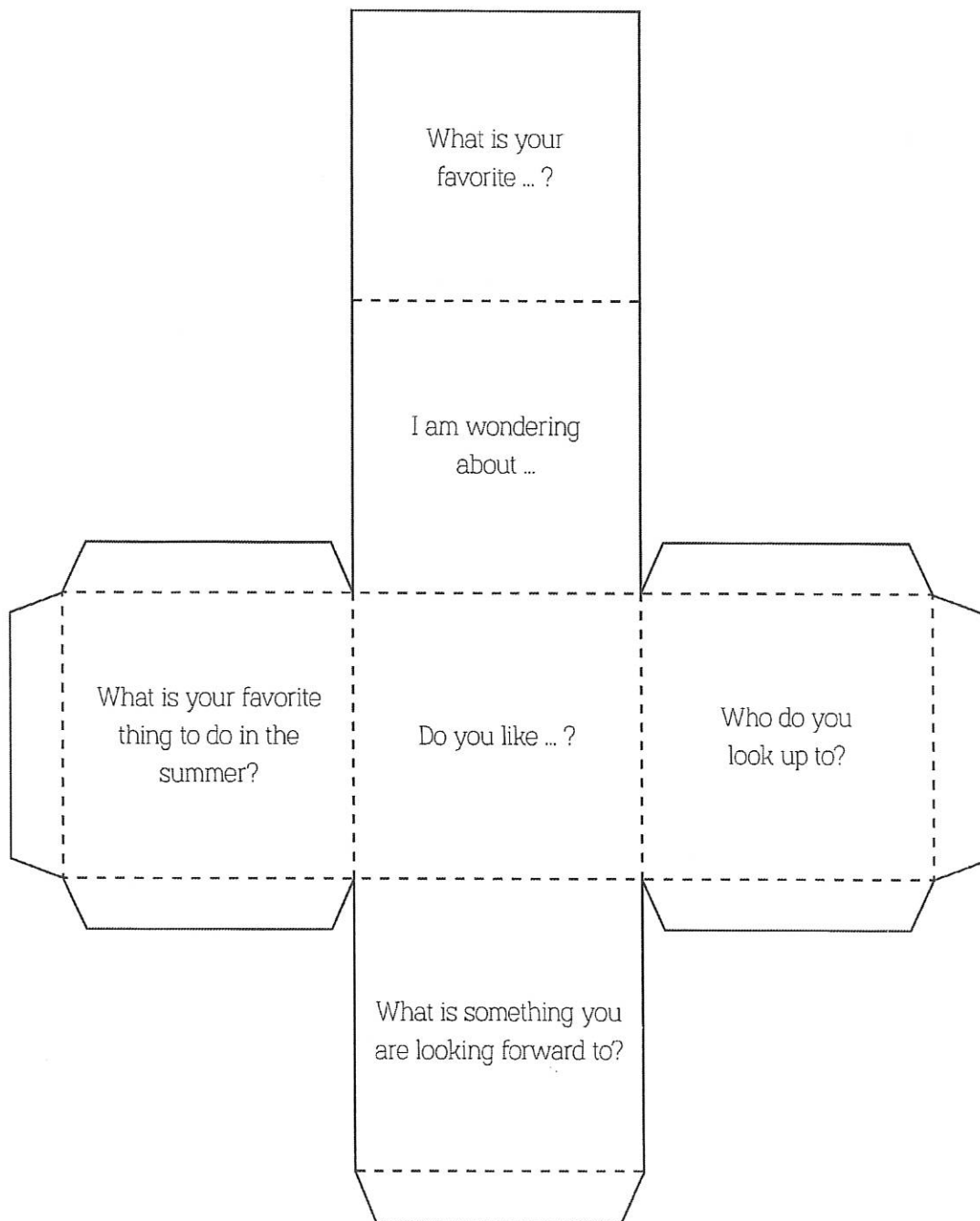


# Conversation Cube

Cut out the shape and fold and tape it to make a cube. Roll the cube and use the phrase or question you roll to practice having a conversation with someone. Remember to pay attention to your nonverbal behaviors like eye contact, posture, and personal space.



# Racetrack Breathing:

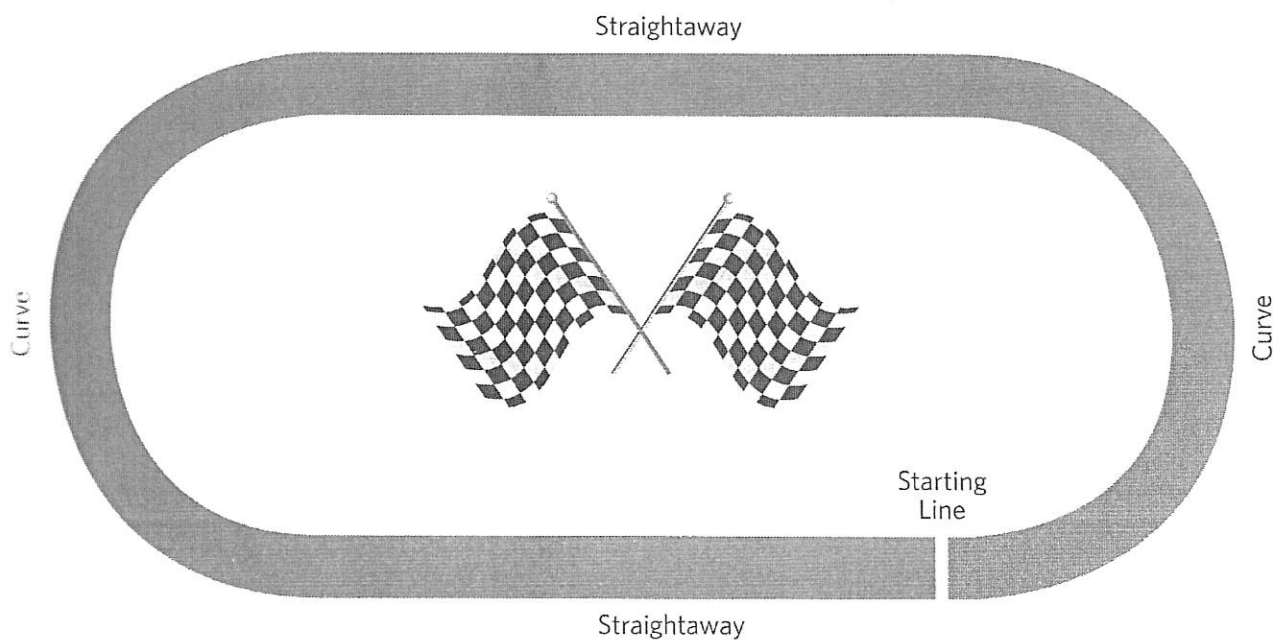
## Warm Up or Cool Down

### Warm Up (Before Doing an Activity)

1. Put your finger at the starting line. Take a deep breath in for six counts as you move your finger along the curve.
2. As your finger reaches the straightaway, breathe out for four counts.
3. Keep tracing and breathing until your body and mind are ready to work.

### Cool Down (After Doing an Activity)

1. Put your finger at the starting line. Take a deep breath in for four counts as you move your finger along the curve.
2. As your finger reaches the straightaway, breathe out for four counts.
3. Keep tracing and breathing until your body and mind are calm.



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## Calm Down Bingo

This version of bingo is a great way to practice attending to two step directions and “get the wiggles out.” You the caregiver or client can use the game to introduce different, short movement breaks in a fun setting with the idea that the client can use the movement ideas when they are needed at home or school.

Write the letters on separate pieces of paper. Place them in a hat and have the child draw two letters. Using the worksheet on page 80, call out the letters and have the child perform the correlating task (e.g., A, D = 5 push-ups)

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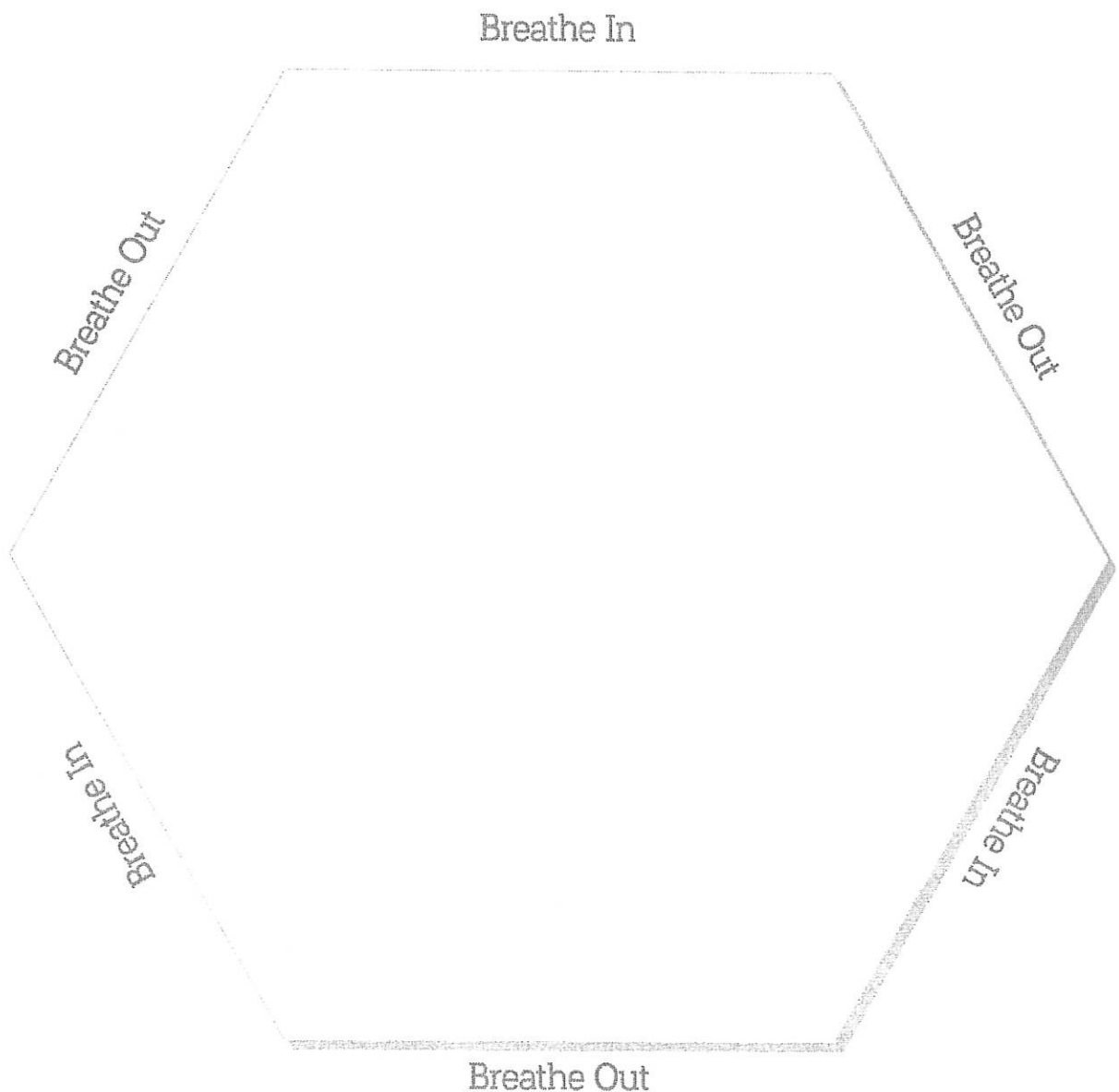
# Calm Down Bingo

|   | C   | A  | L  | M                                      |
|---|---|--|--|--|
| D | 20 big forward arm circles  | 5 push-ups   | Hop on right foot 15 times               | 10 jumping jacks                       |
| O | Touch your head, shoulders, knees, and toes 5 times                                       | 5 deep breaths, like you were blowing up a balloon | Hands on waist, and twist for 20 seconds | Pretend to blow out 5 birthday candles |
| W | Move your right hand up and down and your left hand side to side at the same time 5 times | Hands over your head, and touch your toes 10 times | March in place for 20 seconds            | 20 big backward arm circles            |
| N | 10 deep breaths   | 10 wall push-ups                                   | 20 small arm circles                     | High knees in place 20 times           |

# Visual Breathing

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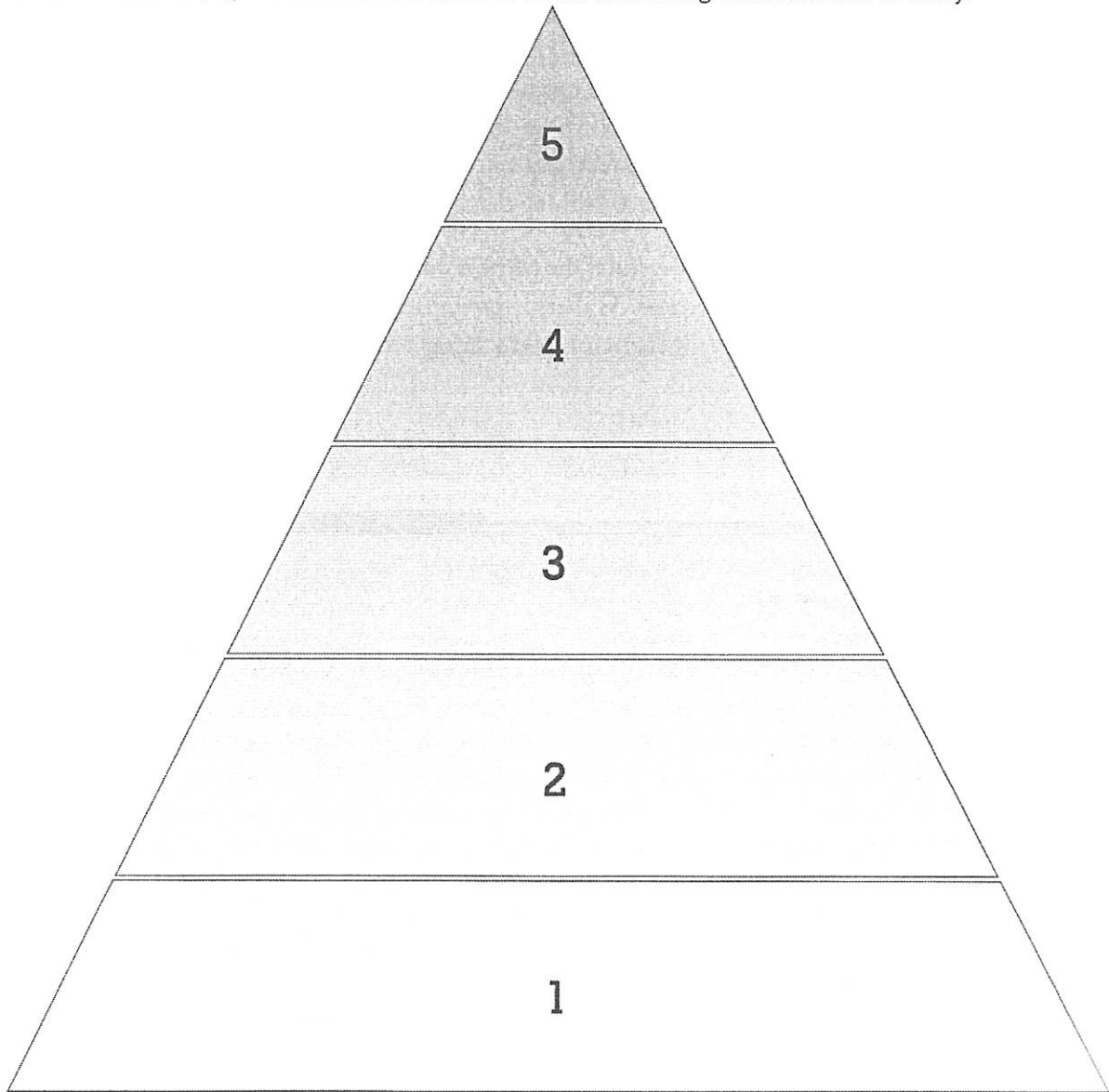
In the hexagon below write calming words or find calming images that will remind you to relax. Then practice your breathing. Use your finger to trace the hexagon shape. Put your finger on the starting point and begin by taking a deep breath in on a count of six. Then breathe out on a count of six. Keep tracing until your body and mind feel calm.



# Anxiety Hierarchy

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Our bodies respond and react to worry in different ways and with varying intensities. It is important to understand what situations create worry and how the body responds. Below is a pyramid that will represent your response to anxiety or worries. In the largest block (1) list everyday activities that cause little to no stress. Continue listing examples of situations that increase intensity through blocks 2-4. In the smallest block (5), list activities that cause or would cause the greatest amount of worry.

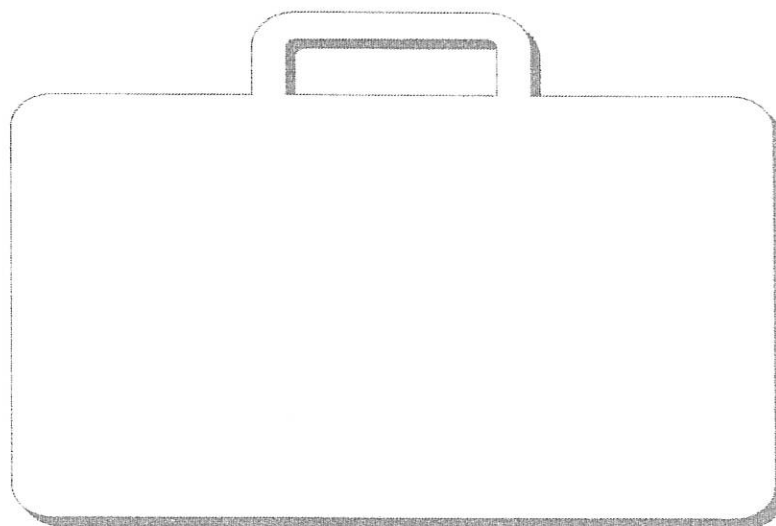
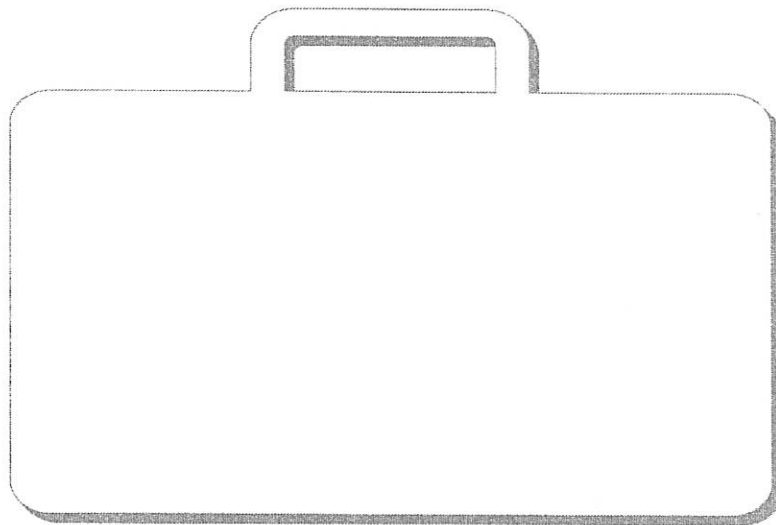


## Creating Your Own Coping Kit

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No matter what difficult emotion or thought a client is having, it is helpful for them to have a kit ready to address it. Assist your client in problem solving to create their own kit at home. It's great if you are able to have various items in your office that could be used in a kit, but if not, you can help your client identify what items could be helpful. The items chosen should help the client think positively and relax (perhaps a stuffed animal, a photo of a loved one, a puzzle or game, a card with positive messages written on it).

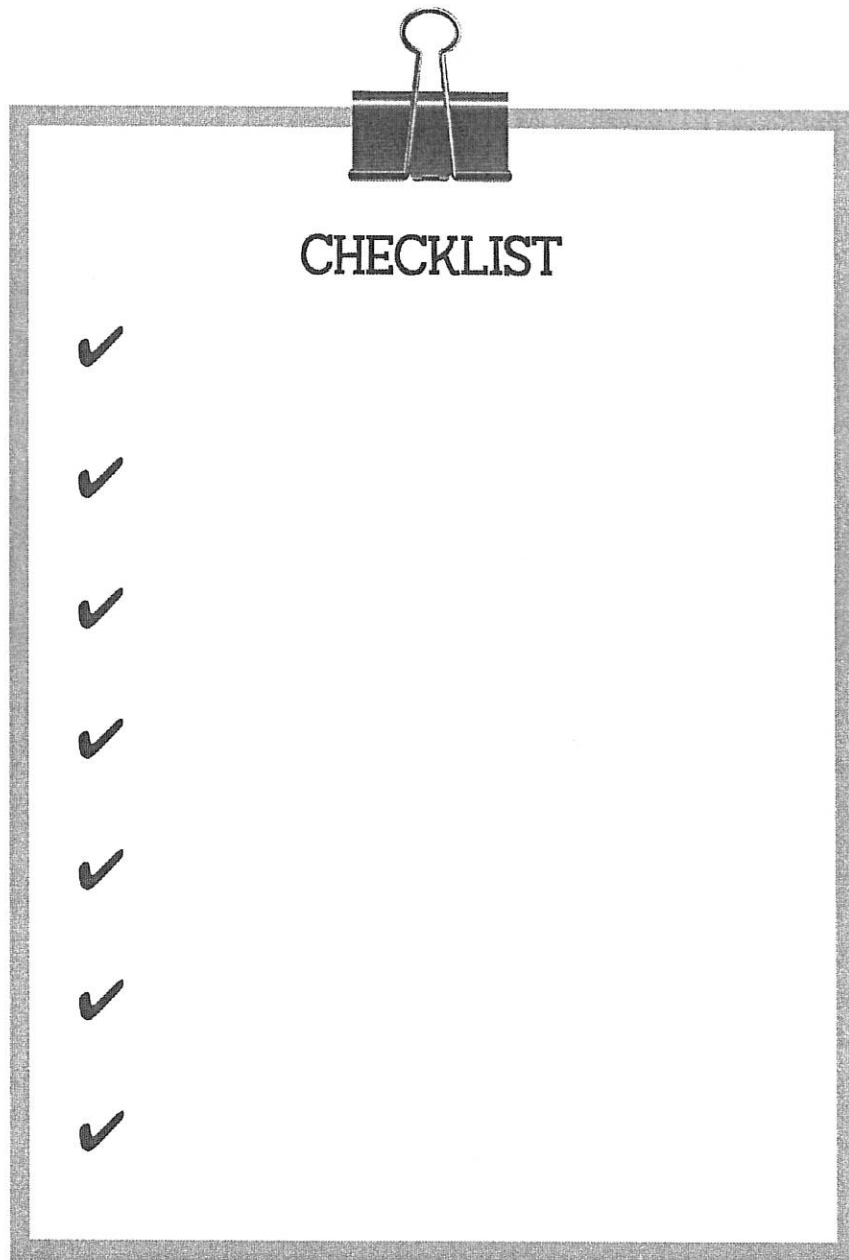
On the suitcases below, have the client write or draw items that they could keep in a box, bag, or suitcase to have ready to help them cope with difficult emotions or thoughts.



# Stay Calm Checklist

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When presented with anxiety, one can feel out of control. Sometimes, we rely on tactics that are unhealthy, such as avoidance, insisting on routine, or predicting the worst outcome, instead of trying something new. Although these strategies may provide temporary relief, they do not help in the long run. Together with your therapist or parent, create a list of strategies that are helpful in reducing your level of anxiety. Write down your strategies on the following clipboard to highlight what you can do to stay calm.



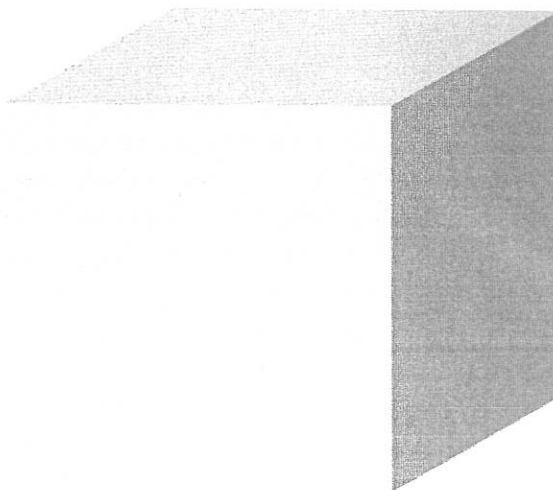
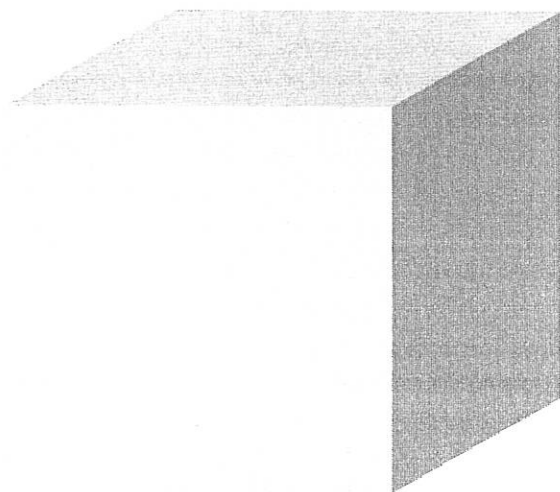
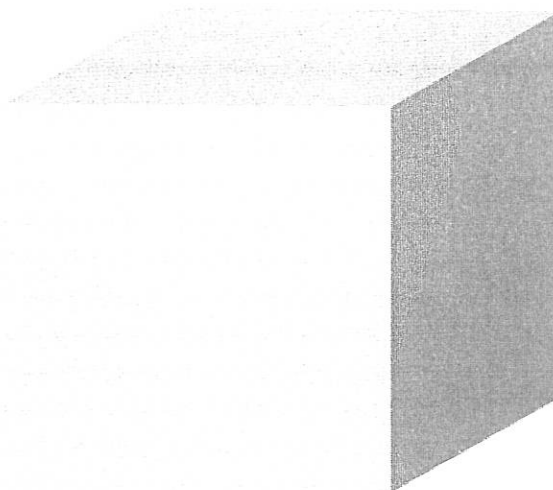
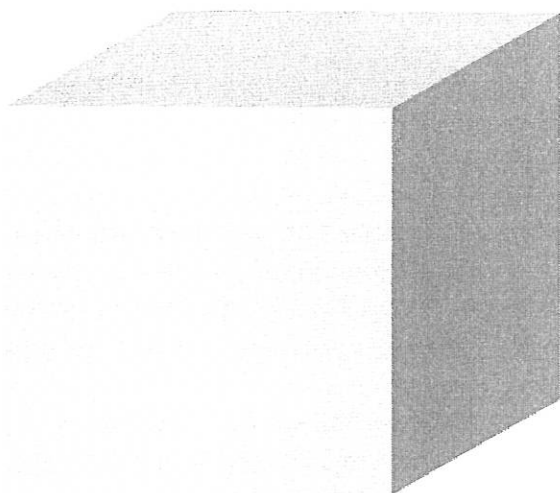
A clipboard with a silver paperclip at the top center. The clipboard has a white sheet of paper with the word "CHECKLIST" printed in bold, uppercase letters in the center. On the left side of the paper, there are seven checkmarks arranged vertically.



## Let's Box It Away

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The boxes below serve as a metaphor for removing the worry and anxiety from your mind. Write or draw "things" that make you worry, fearful, or anxious in or around the box. Fold the paper, as you would fold the top of boxes, to represent putting your anxiety away. Discuss your feelings and thoughts related to this activity.



# Embracing Change

Change is constant in our lives. Daily routines can be altered by changes that are sometimes out of our control. While change can bring uncertainty, having a plan in place can help reduce the stress typically associated with change. Complete the responses for the scenarios below and then use them to address a specific change occurring in your life.

## Practice Changing

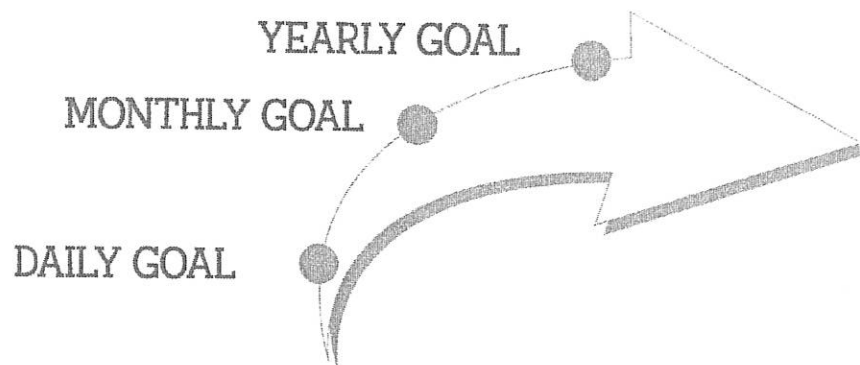
|  | <b>Minor Change</b><br>(e.g., change in schedule—<br>no art class today) | <b>Moderate Change</b><br>(e.g., having a new<br>teacher) | <b>Major Change</b><br>(e.g., moving to a new<br>house) |
|--|--|---|---|
| How do you feel?   |  |   |   |
| How do you stay in control?  |  |   |   |
| What could make this easier?   |  |   |   |
| Name something positive that can occur due to accepting this change. |  |   |   |

## Real Life Change

|  |  |
|--|--|
| What is changing?  |  |
| How do you feel?   |  |
| How do you stay in control?  |  |
| What could make this easier?   |  |
| Name something positive that can occur due to accepting this change. |  |

# Positive Goal Setting

Goal setting is a way to recognize daily accomplishments and keep looking toward the future. Practice setting goals by selecting a small daily goal, a weekly goal, and a future goal (such as a goal for the year). Also indicate what supports you may need to accomplish your goals.



|             | Declare Your Goal! | Supports Needed |
|-------------|--------------------|-----------------|
| Daily Goal  |                    |                 |
| Weekly Goal |                    |                 |
| Yearly Goal |                    |                 |

# Comfort Levels

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Think of a comforting/soothing feeling. Write that feeling in the box to the left of the figure below. Then decide where in your body you experience that feeling. Use colors, shapes, and/or imagery inside the figure to show how that feeling feels inside your body.

