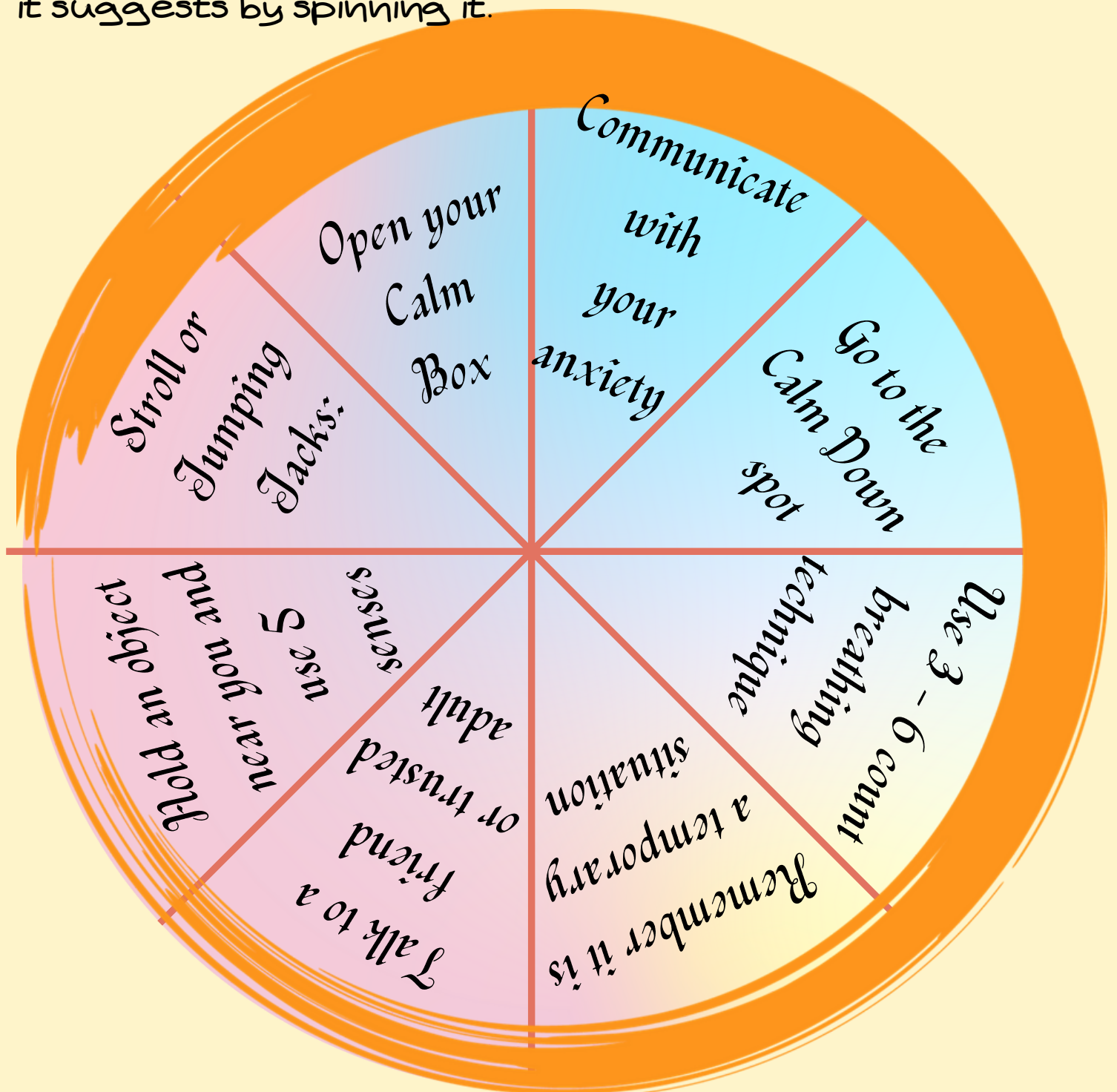


Power Wheel: Our worry monster makes mistakes from time to time, causing our minds to go blank. We have no idea what is going on. It causes us further confusion, and we lose all of our coping mechanisms as a result.

We can use the Anxiety Wheel on those days. You can write all coping techniques you like, including the ones listed above. You can either use mine or create your own. You can use your pen as a pointer and practice the technique that it suggests by spinning it.



Calm Box: Decorate the box however you like and keep anything inside that will help you relax. For example, your favorite quilt, family photos, my teddy bear, and so on.



Make use of all five senses:

Using all of our senses at the same time can help us focus on the current moment. You can do this by touching or holding and describing something nearby. For this exercise, you can utilize my notes on the questions to ask yourself. You can either write your answers on the provided worksheet or keep a mental note of them.

The following prompts can be used:



- What are you holding in your hand?

- Is there a temperature to it (cold or hot)?

- What is the object's texture?

- What is the object's color?

- Can you identify different colors on the object that you are holding?

- What is the shape of the object?

- How do we use this object?