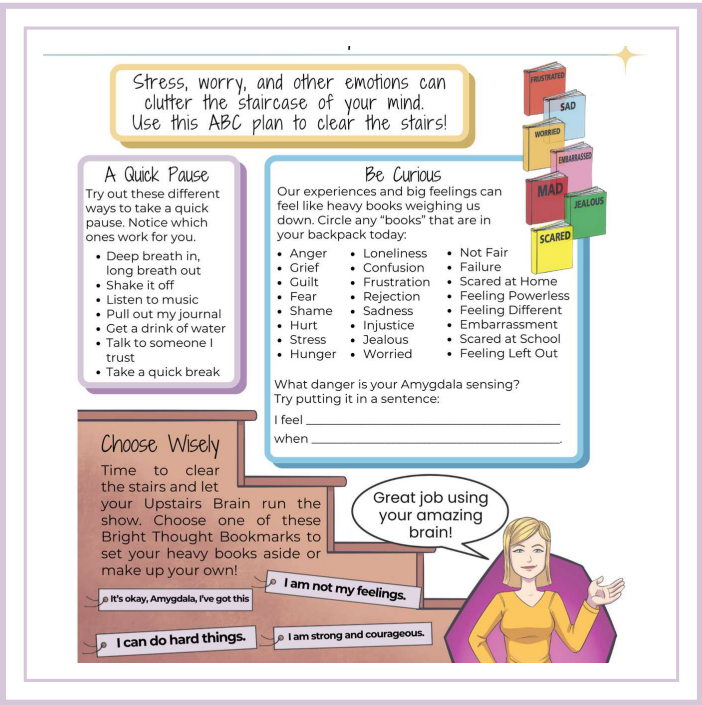
SENSORY solutions™

THE ABC'S

your upstairs brain needs

Clear the Stairs



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tips for use

ASCA standards:
- M 4
- B-SMS 2
- B-SMS 6

Help keep those Upstairs Brains in charge with this brain-building activity.

Remind students that our brains work best when there is a strong staircase between our Upstairs and Downstairs Brain.

Review the steps to clearing the staircase: **A** quick pause, **B**e curious, and **C**hoose wisely.

Practice with smaller frustrations and in calm moments to build the "muscle memory" needed for more stressful moments.

Make the activity even more tangible by having students create their own Bright Thought Bookmarks .

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The ABC's Your Upstairs Brain Needs

Stress, worry, and other emotions can clutter the staircase of your mind. Use this ABC plan to clear the stairs!



A Quick Pause

Try out these different ways to take a quick pause. Notice which ones work for you.

- Deep breath in, long breath out
- Shake it off
- Listen to music
- Pull out my journal
- Get a drink of water
- Talk to someone I trust
- Take a quick break

Be Curious

Our experiences and big feelings can feel like heavy books weighing us down. Circle any "books" that are in your backpack today:

- Anger
- Grief
- Guilt
- Fear
- Shame
- Hurt
- Stress
- Hunger
- Loneliness
- Confusion
- Frustration
- Rejection
- Sadness
- Injustice
- Jealous
- Worried
- Not Fair
- Failure
- Scared at Home
- Feeling Powerless
- Feeling Different
- Embarrassment
- Scared at School
- Feeling Left Out

What danger is your Amygdala sensing?
Try putting it in a sentence:

I feel _____

when _____.

Choose Wisely

Time to clear the stairs and let your Upstairs Brain run the show. Choose one of these Bright Thought Bookmarks to set your heavy books aside or make up your own!



- It's okay, Amygdala, I've got this
- I am not my feelings.
- I can do hard things.
- I am strong and courageous.
- Mistakes are part of learning.
- I can ask for what I need

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