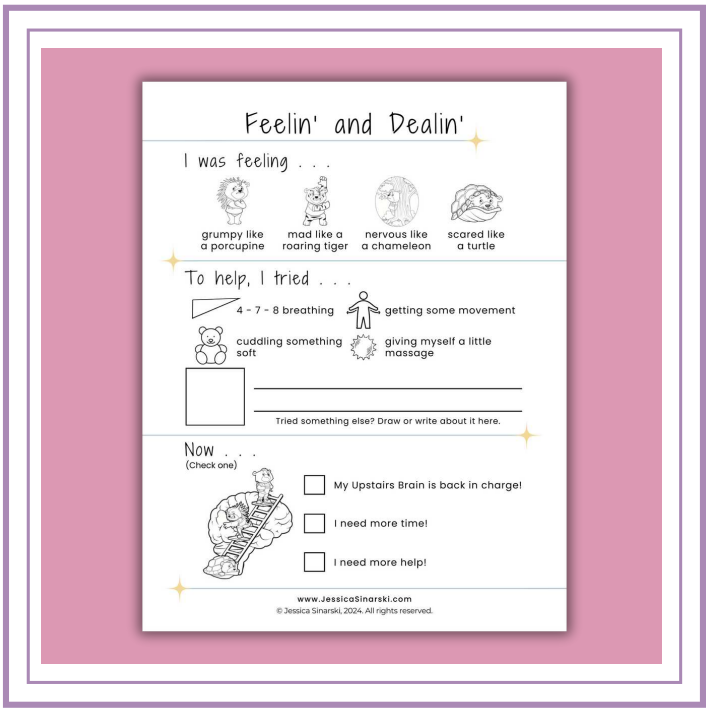
SENSORY™ solutions

FEELIN' and dealin'

with Riley the Brave



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tips for use

ASCA standards:
- M 1
- B-SMS 1
- B-SMS 7

This activity provides students with the opportunity to reflect after using a regulation space.

Print out a stack and leave them in your regulation space, along with a writing utensil.

Laminate this activity and put it in your regulation space with a dry erase marker. Students can wipe it clean after they reflect.

When demonstrating using this tool, let students know who they can go to if their final answer is “I need more help.”

If using printed sheets, let students take their completed activity home to show their “big critters” how they are learning to feel and deal!

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Feelin' and Dealin'

I was feeling . . .



grumpy like a porcupine



mad like a roaring tiger



nervous like a chameleon

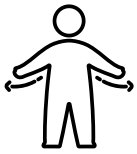


scared like a turtle

To help, I tried . . .



4 - 7 - 8 breathing



getting some movement



cuddling something soft



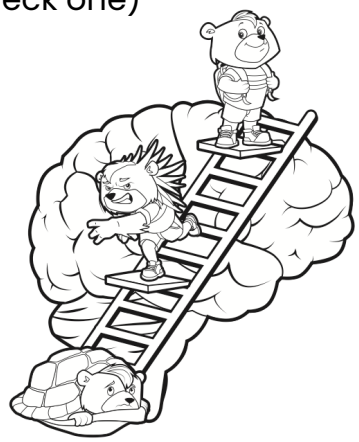
giving myself a little massage

☐

Tried something else? Draw or write about it here.

Now . . .

(Check one)



☐ My Upstairs Brain is back in charge!

☐ I need more time!

☐ I need more help!

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