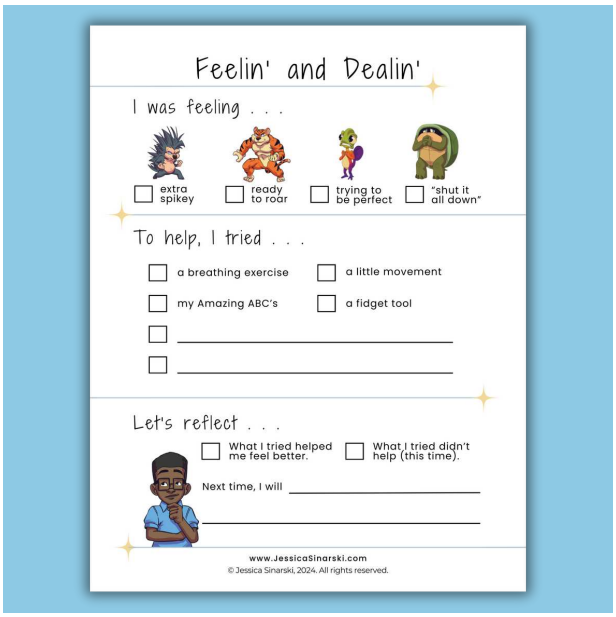
SENSORY™ solutions

FEELIN' and dealin'

with *Your Amazing Brain*



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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 keep them in your regulation space, along with a writing utensil.

Teach students how to walk through each step of the reflection exercise.

When demonstrating, make special note of the fact that just because a tool doesn't work once doesn't mean it never will.

Encourage students to take their completed activity home to show their adults how they are learning to feel and deal!

SENSORY solutions™

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Feelin' and Dealin'

I was feeling . . .



☐ extra spiky



☐ ready to roar



☐ trying to be perfect



☐ "shut it all down"

To help, I tried . . .

☐ a breathing exercise

☐ a little movement

☐ my Amazing ABC's

☐ a fidget tool

☐ _____

☐ _____

Let's reflect . . .



☐ What I tried helped me feel better.

☐ What I tried didn't help (this time).

Next time, I will _____

_____

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