

upset

not so good

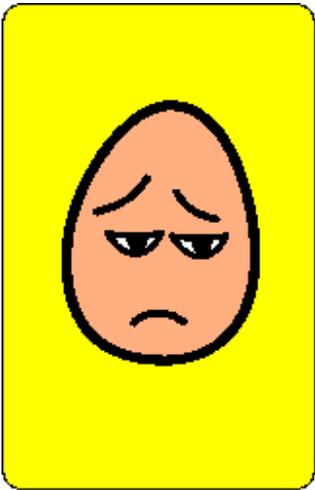
fine

I can...

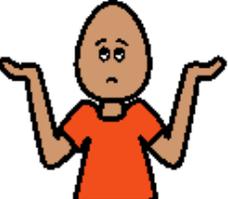
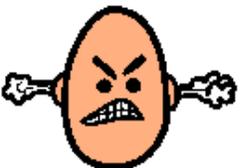
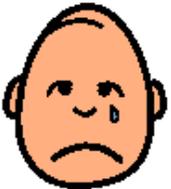
- Take a break
- Hug a pillow
- Squeeze a ball
- Take deep breaths
- Count to 10
- Use my words
- Be a mouse
- Be an owl
- Think of a solution

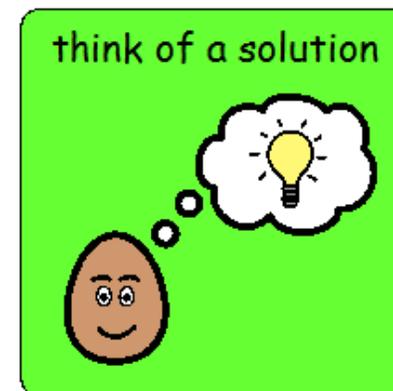
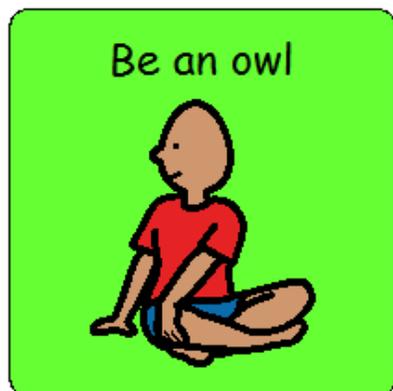
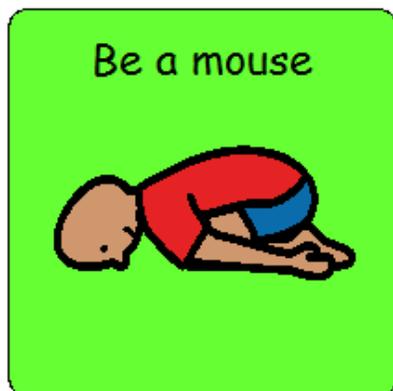
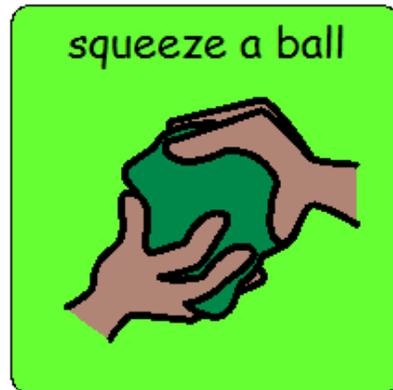
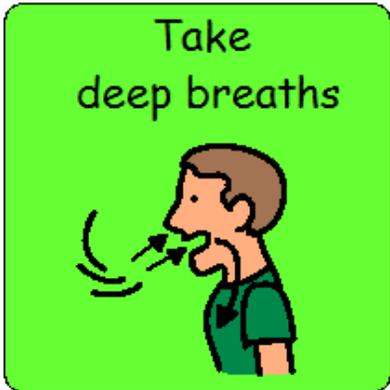
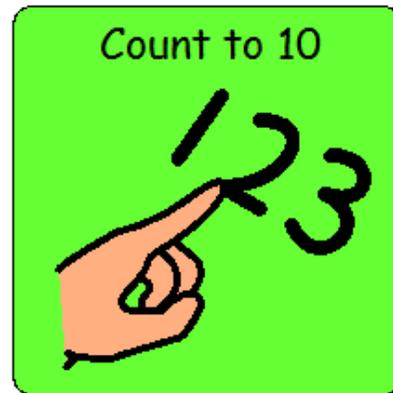
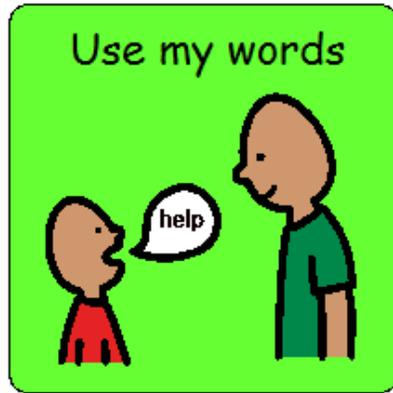
How am I feeling?

I am feeling...

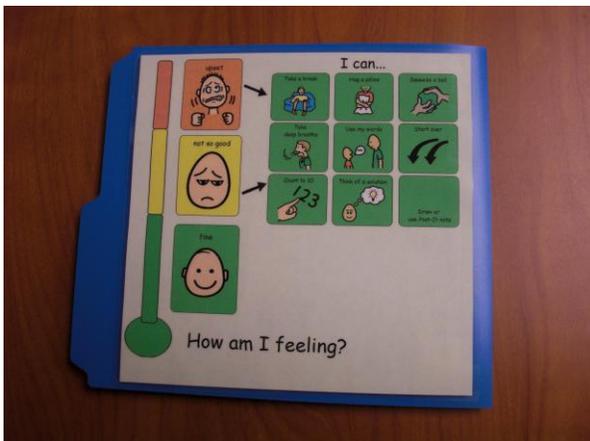


I will...

tired 	headache 	sick 	happy 	unsure / don't know 
scared 	mad 	sad 	proud 	frustrated 



Picture of it assembled:



Many of the kids I work with have severe behavioral and self-regulation issues and this has worked wonders with one of my 6 year old patients who has a TBI as a result of severe physical abuse. He has learned how to take a break & choose a self-calming activity (his faves are deep breaths/blow away the "grumpies", squeezing a sensory ball & hugging a pillow). A huge breakthrough was when he was able to also show me where he was on a behavior thermometer & let me know when he was ready continue working. The smile on his face was priceless & it made my heart smile to see him experience the power of self-regulation.

Here's how I have used this "I am feeling.... I will....." visual support to assist kids in telling how they are feeling and to help them learn self-calming strategies.

A large Bumpidoodle Owl floor cushion (Owl's Thinking Spot) was placed in the corner of the room along with the "I am feeling.... I will....." visual support, squeeze balls & a pillow. The sensory or self-calming choices were customized to fit this child's interests, developmental level & needs. I love the Olive Owl Bumpidoodle for the following reasons: calming blue color, soft cozy texture & the tie-in with the concept of owls thinking and making wise choices. Since it is unlike any cushion or beanbag chair a child has seen before, it is novel and doesn't come with any previous feelings or experiences attached to it. I got a great deal on mine in the clearance section at Target (only \$14.98) but have also seen them on Amazon.com.

I introduce the visual support & the Owl's Thinking Spot during sessions where they are exhibiting a good mood & positive behavior. This pre-teaching is critical. None of us learn something new very well in the middle of stress or a behavior meltdown.

During the "pre-teaching" sessions, this child verbalized interest in these items ("cool", "I like that").

During subsequent sessions, the child said "I need a break", sat down on "Owl's Thinking Spot" and looked through the emotion pictures. He usually chose "mad" or "frustrated" and then on his own chose what he wanted to do about it (usually chose "squeeze a ball", "hug a pillow" and/or "take deep breaths"). After a brief break he usually said "I'm ready" or "I'm ok now" and returned to the therapy table to continue working.

This special "thinking spot" should be talked about in a positive manner and never used as a punishment or as "time out". The child should be praised for successfully taking a break & using self-calming strategies. Refrain from asking the child "why" they are feeling a particular emotion ("why" questions are really difficult & during a meltdown is not the time to ask this). Instead, allow them time to express how they are feeling and to pick what they would like to "do" as a self-calming activity.

Boardmaker file:

<http://www.boardmakershare.com/Activity/1817562/Behavior-Thermometer-I-am-feeling-I-will-with-f>

OMazing Kids: <https://www.facebook.com/OMazingKidsYoga>