

## COPING SKILLS HOUSE SCENARIOS - BIGS

BEDROOM 1 - B

***Marcus just woke up from a nightmare.***

How might his body be feeling?

How can Marcus turn down his body's alarm system enough to go back to sleep?

LIVING ROOM - B

Both youth and grown-ups can answer this one!

The last time my body's alarm system was triggered was...

The body reactions I experienced were:

## KITCHEN - B

All kids sometimes have heavy thoughts, feelings or memories and can use some extra support from their caregivers.

Work together with your caregiver to come up with a quick and easy way to let them know when you could use their help to feel better. Maybe it's a symbol or code word. Or maybe there's another way that will work better for you both.

*What's your plan?*

## LAUNDRY ROOM - B

Caregivers can help when their youth's body alarm systems are triggered by heavy memories, thoughts or feelings.

***Caregiver, lead your youth in a relaxer of their choice.***

***Remember to do the relaxer with your youth!***

**Pick one or choose your own:**

**3 Deep Breaths**

**5 Senses**

***We used this relaxer instead:***

BEDROOM 2 - B

**Is this youth sharing a thought or feeling  
in each sentence?**

	THOUGHT	FEELING
I love pizza!		
Everybody hates me.		
I'm overwhelmed.		
I'm so excited to go to the movie tonight!		
All the bad stuff that's happened in my life is my fault.		
I worry all the time.		
I don't know how I'm feeling.		

## COPING SKILLS HOUSE SCENARIOS - MIDDLES

### BEDROOM 1 - M

Marcus just woke up from a bad dream.  
How might he be feeling?

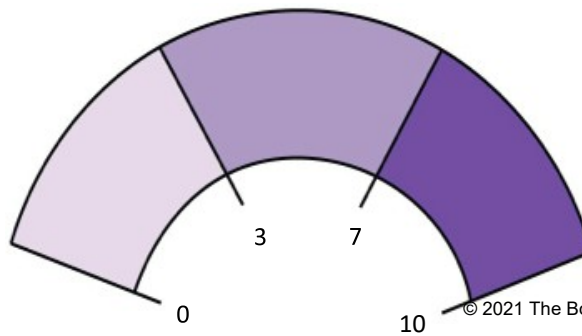
How can Marcus turn down his body's alarm system  
and go back to sleep?

### LIVING ROOM - M

Both kids and grown-ups can answer this one!

The last time my body's alarm system was  
triggered, I felt...

My feeling was this heavy:



KITCHEN - M

Maggie had a bad day at school.  
Help her ask her mom for support.

*Mom, today was tough at school and I feel...*

*Could you help me do this relaxer  
to feel better?*

LAUNDRY ROOM - M

Grown-ups can help when kids' body alarm systems are triggered by heavy memories, thoughts or feelings.

***Grown-up, lead your child in a relaxer  
of your child's choice.  
Remember to do the relaxer with your child!***

**Pick one or choose your own:**

**Deep Breaths**

**5 Senses**

**Lemon Squeezers**

**Strong Man**

***We used this relaxer:***

BEDROOM 2 - M

## Is Jack telling us about a thought or feeling?

	THOUGHT	FEELING
I'm excited to go swimming!		
I'm so mad at my brother.		
Nobody likes me.		
Something bad might happen when I'm away from my parents.		
I love pizza!		
Loud noises scare me.		
Basketball is the best sport in the world.		