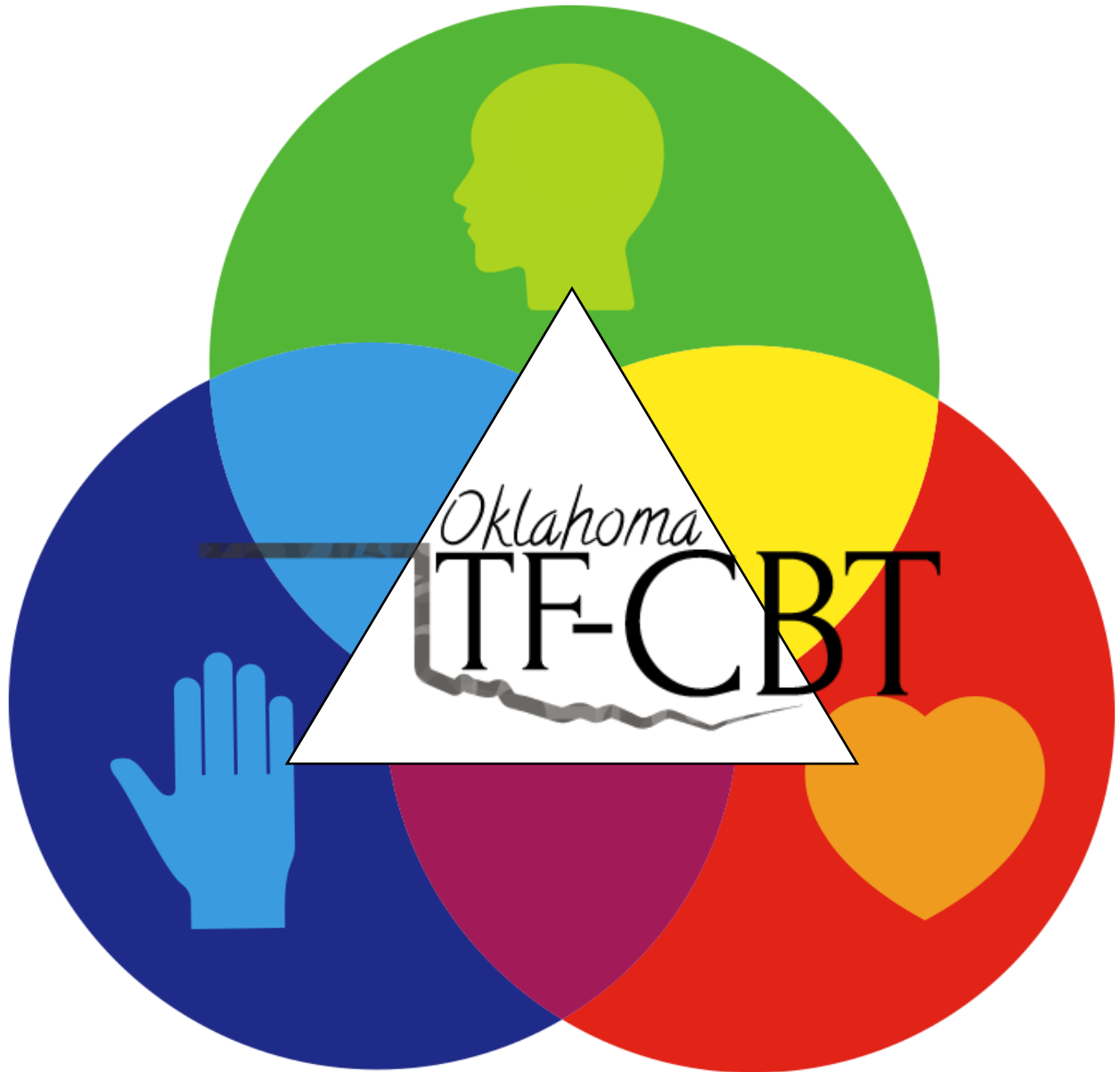


HEAD



HANDS

HEART

Instructions

You have learned so much in counseling and now it's time to put it all together!

There are 3 decks of cards in this game:

HEAD: What have *YOU* learned so far in counseling?

HEART: What do *YOU* know about feelings?

HANDS: How well do *YOU* know how thoughts, feelings and behaviors connect?

Take turns picking a card from each deck to earn HEAD, HEART and HANDS points.



L



L



L



L

Lots of kids have gone through really scary or upsetting experiences.

These really scary or upsetting experiences are also called what word that starts with a “T” and rhymes with “LLAMA?”

How fast can you say “TRAUMA LLAMA” 3 times in a row?

Is trauma something that happens in lots of families or not many families?

Children are brave for talking in counseling about trauma that has happened in their family.

Pat yourself on your back for being brave in counseling! Ask others to pat their backs for being brave, too!

After a trauma, do children sometimes have bad dreams about what happened?

Pretend that you are waking up from a bad dream and do 3 belly breaths to feel better.

If a heavy trauma memory gets stuck in your brain, you can use your magic remote control to **change the channel!**

Pretend that you’re using your remote control to change to a happy channel in your brain.

What do you see?



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<p>Since the trauma happened, Reece worries a lot that something bad will happen when she is away from her grown-ups.</p> <p>Pretend that you are helping Reece feel less worried. What can you say to help her know that her grown-ups are safe?</p>	<p>After the trauma, Julio sometimes feels afraid that something bad will happen if he goes to school.</p> <p>What are 3 ways grown-ups make sure that kids at school are safe?</p> <p>Could remembering this help Julio feel safer?</p>
<p>Daria worries that kids won't want to be her friend because of the trauma she went through. Is this a worry lots of kids have?</p> <p>What are 3 ways you are a good friend to others?</p> <p>Let everyone in the room right now know they're good friends, too, by giving them a Pinky Shake.</p>	<p>Reggie is watching a TV show. In the story, people start yelling. Then Reggie's body alarm starts going off - his heart starts racing and his stomach gets jittery. Is Reggie in danger?</p> <p>Since the TV show is pretend, Reggie is safe. Pretend that you are telling this to Reggie's alarm system. Your counselor can act like Reggie's alarm system.</p>



L



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L



L

Name 3 light feelings.

Act out 2 light feelings
and get others
to guess them.

Have guessers tell if each
feeling looks like a little,
a middle or a lot of
the feeling.

Name 3 heavy feelings.

Act out 2 heavy feelings
and get others
to guess them.

Have guessers tell if each
feeling looks like a little,
a middle or a lot of
the feeling.

Name 2 heavy feelings that
children sometimes have
after trauma.

Who are 2 adults you can go
to for help if you are having
heavy feelings?

Pretend that you are telling
a counselor that you are
having a heavy feeling and
would like their help.

Amy went through a trauma.
Now she feels afraid
lots of the time.

Do many kids feel afraid
after trauma happens?

Pretend that you are telling
a grown up that you are
feeling afraid and would like
their help.



L



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Can children have different amounts of a feeling?

What scale can we use to tell how much of a feeling we are having?

What is 1 feeling you are having now and what level?
A little, a middle or a lot?

After Brian's trauma, he feels mad a lot and gets in trouble for being mean to others.

Do some kids feel mad more often after trauma happens?

Doing fun things can lighten our mad feelings. What are 3 things that you find fun?

When Sophie is reminded of the trauma that happened, she has heavy feelings in her body.

How do our hearts feel when we are scared?

How do our tummies feel when we are scared?

How can we find out how someone is feeling?

Ask someone in you are with right now how they are feeling.

Remember to ask how much of the feeling the person is having! You can use the feelings scale to help.



L



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L



L

When Mindy feels scared,
belly breaths help lighten
her feeling.

Lead others in doing
3 belly breaths.

When Lionel gets mad,
muscle relaxers help
lighten his feeling.

Lead others in doing
3 lemon squeezers.

When Luke feels sad,
the **5 Senses** help lighten
his feelings.

Lead others in doing
5 Senses.

5 things you see.
4 things you feel.
3 things you hear.
2 things you smell.
1 thing you taste.

Sirens remind Katy of the
day the trauma happened.

What's 1 muscle relaxer Katy
can do to lighten her heavy
feelings when she hears
sirens?

Lead others in doing
3 Strong Mans.



L



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L



L

Daisy the Deer is walking through the forest when she sees something move in the grass.

Right away, she stops so still that nothing can see her!

Which of these did Daisy's body use for protection?

- Fight
- Flight
- Freeze

Paddy the Puppy barks at every noise he hears. His body alarm tells him that there might be danger. Is Paddy's barking protecting with: Fight, Flight or Freeze?

Pretend that you are telling Paddy that the noise he hears this time is safe. Help calm Paddy down with 3 belly breaths.

When we have heavy thoughts, feelings or memories, we can do something fun to help ourselves feel better.

What are 3 fun things you can do to feel better when you have heavy thoughts, feelings or memories?

Sesha the Cat is napping on the windowsill when something grabs her tail. She jumps up and runs out of the room!

Which of these did Sesha's body use for protection?
Fight, Flight or Freeze

Lead Sesha in some Cat Stretches to calm down!



M



M



M



M

Every child in this group has gone through one or more really scary or upsetting experiences.

These are also called what word that starts with a “T” and rhymes with “LLAMA.”

Try saying
“TRAUMA LLAMA”
3 times in a row!.

Is trauma something that happens in:

- Lots of families?
- Or not many families?

What would you say to a friend who thought that the trauma that they went through was their fault?

After a trauma, do children sometimes have bad dreams about it?

To get back to sleep after a bad dream, what can a child:

- Say to themselves to feel less scared?
- Do as a relaxer lying down in their bed to calm their body?

After a trauma, do children try hard not to remember what happened? Why?

What are 3 things a child can do to feel better when memories of trauma get stuck in their brain?



M



M



M



M

<p>Since the trauma happened, Reece worries that something bad will happen when she is away from her family.</p> <p>Pretend that you are helping Reece feel less worried. What can you say to help her know that her grown-ups are safe?</p>	<p>After the trauma, Julio worries that something bad will happen when he is at school. Sometimes he tries to stay home from school because he is so worried.</p> <p>What are 3 ways grown-ups make sure that kids at school are safe?</p> <p>Could remembering this help Julio feel safer?</p>
<p>Daria worries that others won't want to be her friend because of the trauma she went through. Is this a worry lots of kids have?</p> <p>What are 3 ways you are a good friend to others?</p> <p>Let everyone in the room right now know they're good friends, too, by giving them a Pinky Shake.</p>	<p>Reggie is watching a TV show. In the story, people start yelling. Then Reggie's body alarm starts going off - his heart starts racing and his stomach gets jittery. Is Reggie in danger?</p> <p>Since the TV show is pretend, Reggie is safe. Pretend that you are telling this to Reggie's alarm system. Your counselor can act like Reggie's alarm system.</p>



M



M



M



M

Pick one group member and ask them to take turns saying light feelings with you. How many can you come up with together?

With that group member, act out a light feeling and try to get the group to guess it.

Pick one group member and ask them to take turns saying heavy feelings with you. How many can you come up with together?

With that group member, act out a heavy feeling and try to get the group to guess it.

Name 4 heavy feelings that kids might have after going through a trauma.

Who are 3 helpful adults you can go to for support if you are having heavy feelings?

Pretend that you are telling a counselor that you are having a heavy feeling and would like to do a relaxer.

After Amy went through a trauma, she feels afraid in lots of different situations.

Do many kids feel afraid after trauma happens?

Pretend that you are telling a grown up that you are feeling afraid and would like their help to feel better.



M



M



M



M

<p>What scale can we use to describe how much of a feeling we are having?</p> <p>What is 1 feeling you had during your trauma and what number was it on the scale?</p> <p>What is 1 feeling you are having now and what level?</p>	<p>After Brian went through a trauma, he gets mad easily and gets in trouble more often.</p> <p>Do many kids feel mad more often after trauma happens?</p> <p>What can Brian do to lighten his mad feeling?</p>
<p>When Sophie is reminded of the trauma that happened, she has strong feelings in her body.</p> <p>What are 4 body reactions we might feel when we are scared or upset?</p>	<p>How can we find out how someone is feeling?</p> <p>Ask someone in the room how they are feeling.</p> <p>Ask how much of the feeling they are having. You can use the feelings scale to help.</p>



M



M



M



M

When Mindy feels scared,
power breaths help lighten
her feeling.

Lead others in doing
3 power breaths.

When Lionel gets mad,
muscle relaxers help
lighten his feeling.

Lead others in doing
a muscle relaxer of
your choice.

When Luke feels upset,
the **5 Senses** help lighten
his feelings.

Lead others in doing
5 Senses.

5 things you see.
4 things you feel.
3 things you hear.
2 things you smell.
1 thing you taste.

Sirens remind Katy of the
day the trauma happened.

What's 1 muscle relaxer Katy
can do to lighten her heavy
feelings when she hears
sirens?

Lead others in doing
a muscle relaxer of your
choice.



M



M



M



M

Daisy the Deer is walking through the forest when she sees something move in the grass.

Right away, she stops so still that nothing can see her!

Which of these did Daisy's body use for protection?

- Fight
- Flight
- Freeze

Lafayette the Labrador barks at every noise he hears. His body alarm tells him that there might be danger.

Is his barking protecting Fight, Flight or Freeze?

What would you do to help Lafayette calm down if there's no danger?

Fun activities can help lighten our heavy thoughts, feelings and memories.

Let's do some charades! Using no words, get the group to guess 3 activities that are fun for you.

Some ideas include: dancing, video games, writing in a journal, basketball, singing

It's good to relax our bodies throughout the day to keep our alarm systems from going off when they shouldn't.

When are 2 times each day that you can do a relaxer? Which relaxers will you do?

Have your counselor teach cooked/uncooked spaghetti.



B



B



B



B

<p>Samira is in science class and she's supposed to be reading her chapter. But, a trauma memory is stuck replaying in her brain and won't go away.</p> <p>Has a trauma memory ever gotten stuck in your brain? Is this common after traumas happen? What can help get them unstuck?</p>	<p>After his trauma, Kamal doesn't like when things in his daily life don't happen like normal.</p> <p>During these times, what trauma-related thoughts might Kamal be having that set off his alarm system?</p> <p>What can Kamal say to himself to turn down his alarm?</p>
<p>Zahara worries that her counselor will think badly of her when Zahara shares details about her traumas. The truth is that Zahara's counselor is proud of her for being brave to talk about what she went through.</p> <p>Have your counselor share two things that they are proud of in you.</p>	<p>What are 3 reasons some youth might not want to talk in counseling about their traumas?</p> <p>What would you tell these youth about how talking in counseling about their traumas can help them feel better?</p>



B



B



B



B

Is trauma something that happens in lots of families or not many families?

What would you say to a friend who believed that they did something wrong to cause a trauma to happen in their family?

How we **think**, what we **feel** and what we **do** are all connected. Using the Think-Feel-Do cones, walk through this situation:

Maria walks into math class and realizes that she forgot to bring her homework back. She knows her teacher is going to collect them when class starts.

How we **think**, what we **feel** and what we **do** are all connected. Using the Think-Feel-Do cones, walk through this situation:

After the trauma Georgia went through, her alarm system can go off when she is in noisy places. Her class today is really loud and she feels her alarm system body reactions starting to grow.

How we **think**, what we **feel** and what we **do** are all connected. Using the Think-Feel-Do cones, walk through this situation:

Charles is talking with a new friend at school who asks Charles why he goes to counseling each week. Charles doesn't want to talk about his trauma, but doesn't know what to say.



B



B



B



B

Aaron sometimes doesn't want to go to counseling because he has heavy feelings when he talks about his traumas.

- Do you think talking in counseling gets easier over time?
- How can Aaron tell his caregivers and counselor how he's feeling?
- How can they help?

Peggy's feelings get very heavy one day and she begins having thoughts of hurting herself.

Should Peggy keep these thoughts to herself? Why or why not?

What is a helpful thing Peggy can do if these thoughts happen again?

A teacher at Angelica's school looks like someone in her past who hurt her. Angelica's alarm system starts going off just being around this teacher.

What signs might tell Angelica that her body's alarm system has started? What can she do once she notices these reactions?

What are two feelings you had during your trauma and what numbers were they on the feelings scale?

What is one feeling you are having now and what number is it on the feelings scale?



B



B



B



B

Pick someone in the room and ask them to take turns saying light feelings with you.

How many can you come up with together in 1 minute?

Pick someone in the room and ask them to take turns saying heavy feelings with you.

How many can you come up with together in 1 minute?

Name 4 heavy feelings that youth might have after going through a trauma.

Who are 3 trusted adults you can go to for support if you are having heavy feelings?

After Manuel went through a trauma, he feels worried or nervous all the time.

Is it common to feel this way after trauma happens?

What are 3 things Manuel can do to lighten his heavy feelings?



B



B



B



B

The **5 Senses** help lighten heavy thoughts and feelings.

Lead the group in doing the 5 Senses.

5 things you see.

4 things you feel.

3 things you hear.

2 things you smell.

1 thing you taste.

Give an example of a time when it's good that we have an internal alarm system to look out for danger and protect ourselves.

Does trauma sometimes make our alarm systems go off more quickly?

How can daily use of relaxers help our alarm systems work better?

Before the trauma happened, Eliza used to love playing soccer. Now it feels like her heart isn't in it.

Should Eliza quit soccer or will this feeling get better as she goes through counseling?

How can soccer help Eliza cope after her trauma?

After Brian went through a trauma, he gets angered easily and gets in trouble more often.

Is it common to feel angry more often after trauma happens? Can this get better over time? When Brian notices his anger increasing, what can he do?



B



B



B



B

Fun activities can help lighten our heavy thoughts, feelings and memories.

Let's play charades!

Using no words, get others to guess 3 activities that are fun for you.

Some ideas: dancing, video games, writing in a journal, basketball, singing

When our alarm system goes off, our body automatically prepares to protect itself.

Let's play charades!

Using no words, get others to guess 3 alarm system body reactions.

Some ideas: heart beats faster, sweaty hands, faster breathing, jittery stomach

Doing something fun with others can help lighten our heavy thoughts, feelings and memories.

Let's play reverse charades! You will be the guesser and everyone else will work together to try to get you to guess the fun activities.

(Therapist, write down 4 separate activities for participants to act out together. Don't show the guesser!)

Laughing with others can help lighten our heavy thoughts, feelings and memories.

Pick someone in the room to have a staring contest! On the count of 3, make your weirdest faces at each other. Whoever gets the other person to laugh first wins the round. Make it the best of 3 rounds!



C



C



C



C

Practicing relaxation is important for keeping our body alarms from going off when there isn't danger.

Lead everyone in 3 deep breaths.

- ✓ Inhale through your nose for 3.
- ✓ Exhale through your mouth for 3.

When we are reminded of an upsetting or scary experience, our body alarm may go off. To help our body calm down, it is helpful to do a relaxer.

Lead everyone in a muscle relaxer of your family's choice.

When we sense danger, our body alarm system activates to protect us.

Act each of the body alarm's 3 F's and get the group to guess them.

How we think, what we feel and what we do are all connected.

Using the Think-Feel-Do cones, walk through this situation:

Xavier walks into the lunch room and sees his best friends. They see him, whisper to each other, and laugh.



C



C



C



C

Show us how well your family knows feelings!

Using the wall board, write down as many feelings words your family knows in 1 minute.

Show us how well your family knows your senses!

Have each member take turns saying one thing they can see, feel, hear, smell or taste.

How well does your family show your feelings?

Using the feelings faces sheet, act out 5 feelings and get the group to guess them.

Remember, all family members should act out the feelings!

How well does your family know the feelings scale?

Pick a feeling from the feelings faces sheet, act out what a little, a middle and a lot of that feeling looks like and get the group to guess.

Do this for 2 different feelings.



C



C



C



C

Kids might feel down on themselves after a trauma happens. They can lighten their heavy thoughts by remembering all the ways they're awesome!

Family, for the next 30 seconds, take turns telling each other how the members of your family are awesome!

Are these statements about trauma true or false?

T/F	Trauma is something that doesn't happen to many children.
T/F	When trauma happens, it is probably the child's fault.
T/F	Lots of children may have heavy thoughts, feelings and reactions after going through trauma.
T/F	People can tell just by looking at a child that they have gone through a trauma.
T/F	Heavy trauma-related thoughts, feelings and reactions will never get better for children.
T/F	Children and families can heal and grow stronger through counseling.

Using the Think-Feel-Do cones, help Essence choose helpful thoughts and behaviors to lighten her heavy memories and turn off her body alarm:

Essence is reading a book during free time in class and a trauma memory comes into her mind. Essence feels like she's right back in the trauma.

When we have heavy thoughts, feelings or memories, we can do something fun to feel better.

Family, for the next 30 seconds, take turns saying free fun things your family can do to relax together.



C



C



C



C

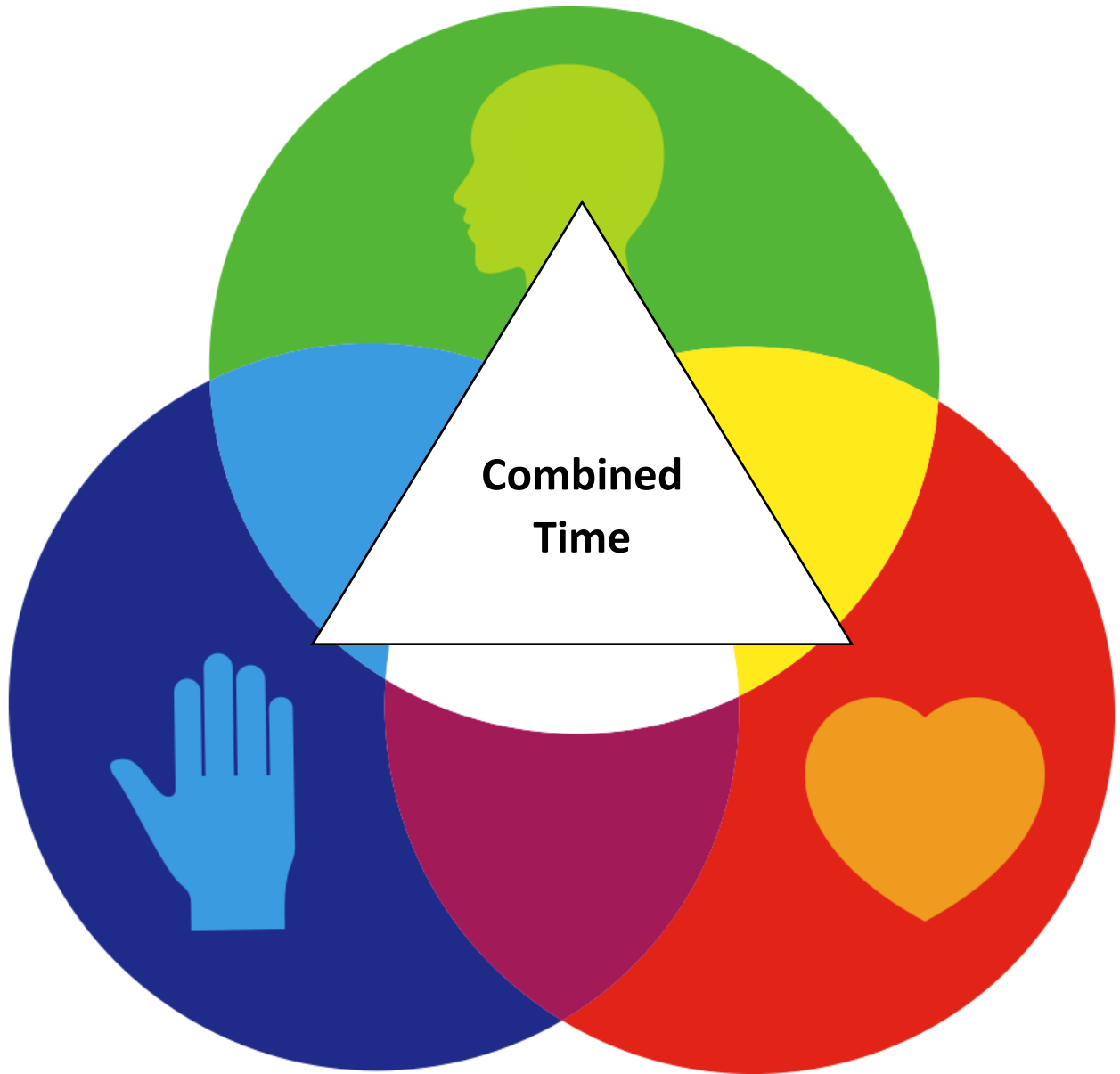
Counselor's Choice

Counselor's Choice

Counselor's Choice

Counselor's Choice

HEAD



HANDS

HEART

Combined Time Instructions

Your family has learned so much in counseling and now it's time to put it all together!

There are 3 types of questions in this Activity:

HEAD: What has *YOUR FAMILY* learned so far in counseling?

HEART: What does *YOUR FAMILY* know about feelings?

HANDS: How well does *YOUR FAMILY* know how thoughts, feelings and behaviors connect?

The goal for your family is to work together to earn HEAD, HEART, and HANDS Points.

Family members can help each other when needed!