

# *RISE UP:*

Recognize, Inspire, Stabilize, Empower &  
Unlock Potential



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# Building our Coping Skill Toolbox:

**Coping skills can be FUN! Let start building your Coping skill toolbox:**

- ▶ During this workshop you will learn
  - ▶ How to use a feeling chart
  - ▶ Breathing techniques
  - ▶ Ground techniques
  - ▶ Movement
  - ▶ Smile jar
  - ▶ Relaxation/ meditation



**Make sure you Download the packet which contains all the Worksheets.  
This allows you to utilize all the techniques you learn in this workshop.**

# Feelings & Verbalizing them Effectively:

## I'm feeling...

 Calm	 Happy	 Silly	 Relaxed
 Nervous	 Annoyed	 Sad	 Shy
 Surprised	 Hungry	 Angry	 Confused
 Sleepy	 Sick	 Hurt	 Hot

An Emotions Chart is great for helping your child identify their feelings daily or when they are upset. Teaching them to use I statements around their thoughts & feelings. You can also have them identify which emotion they feel a certain coping skill will work best with.

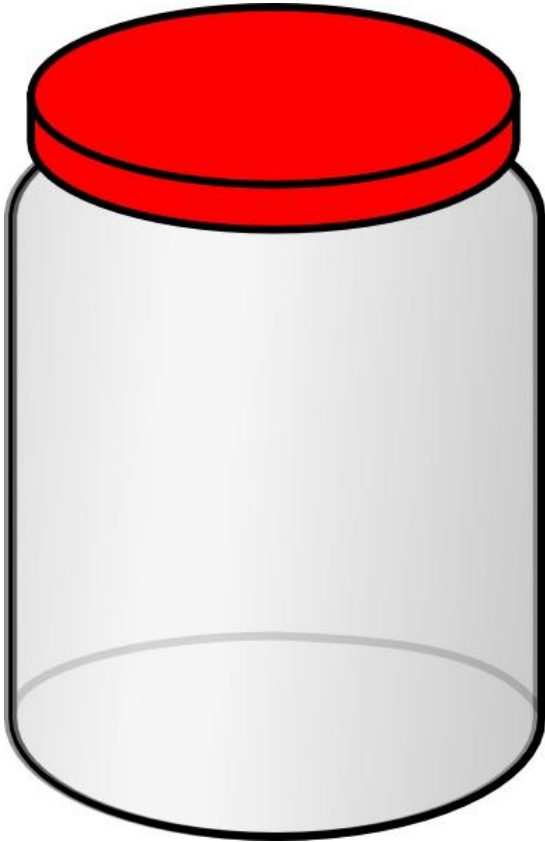
*In your download documents you can find a feeling chart or you can make your own.*

**WHEN I SEE**

**I  
F  
E  
E  
L**

**BECAUSE**

# Containing Your Anxiety:



- ▶ **Worry Jar & Worry Time:**

- ▶ With the worry jar worksheet we will be teach everyone the importance of putting your worrying thoughts aside by writing down the things they are worried about in the jar, and allowing them to stay in there while you go on with the task that is causing you to worry/your day. (**Download Worksheet**)
- ▶ **Scheduling Worry Time:** Schedule worry time each day, start by setting aside 15-30 minutes during the morning or afternoon. During that 15-30-minute window, write down all your worries that you can think of. Writing the worrisome thoughts down can be therapeutic in and of itself. Between worry times: if you start to worry, tell yourself to let go of those thoughts until the next designated worry period. (**Download Worksheet**).

# Managing our Anxiety Symptoms:

## ▶ Superman Pose:

- ▶ Stand with your arms on your hips and push your chest out, take a deep breath, this increased the oxygen to your lungs and opens your airway. It helps you regroup and naturally slows your breathing.

## ▶ Chair stretch:

- ▶ Link arms behind your chair and stretch backwards but really you are taking a deeper breaths & increasing your oxygen intake. This allows your mind to slow down and reset your perspective.

## ▶ Dance It Out/Listen To Music:

- ▶ Listen to your favorite song, have some music on and dance. This can help distract you as process your anxiety/worry.







# Utilizing Grounding Techniques:

• 5 4 3 2 1


**SLOW DOWN & CALM DOWN**

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE 

4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something you like to TASTE 

FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

## ▶ Why do we use Grounding Techniques?

- ▶ The importance of teaching Grounding Techniques is to take control of the symptoms you are feeling by redirecting those thoughts, memories or worries. Grounding can help you to bring you back into the present moment & out of the “what-ifs & excessive worry”.

- ▶ These two Grounding Techniques can be done quietly, in most locations, with little to no items.

## ▶ Visualization:

- ▶ See Download for worksheet containing Visualization techniques.

## ▶ 5 senses

- ▶ 5 Things you SEE - 4 things you FEEL - 3 things you HEAR - 2 things you SMELL - 1 thing you TASTE. Depending on where you are & what you are doing you can change them slightly.

# Endless Breathing Techniques:



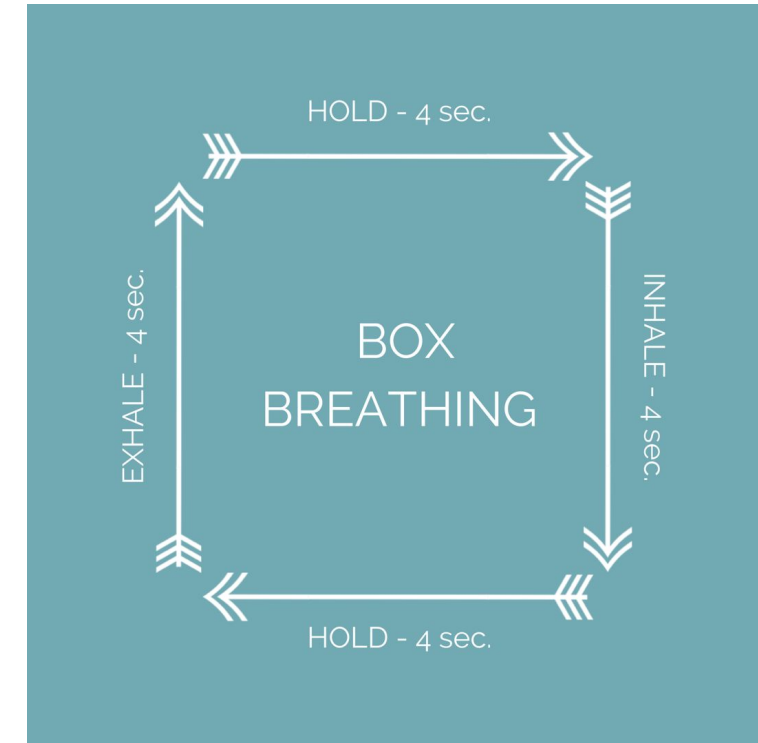
- ▶ Kids can use the pinwheel to practice breathing out slowly or more quickly, this will help them figure out the best pace to breath that will work for them. ([Download Worksheet for an easy homemade pinwheel](#))

- ▶ **Box Breathing:**

- ▶ To the right is an example of a breathing box, these are easy to draw and trace with your finger.

- ▶ **4x4x4:**

- ▶ Breath in for 4 seconds, Hold for 4 seconds, and breath out for 4 seconds.



# *Yoga, Meditation & Mindfulness:*

- ▶ Yoga can improve
  - ▶ Physical health, Mindfulness, Focus & More
- ▶ We all know most kids love YouTube here are a helpful relaxation and Yoga videos to have then try.
- ▶ Relaxation:
  - ▶ <https://www.youtube.com/watch?v=cDKyRpW-Yuc>
- ▶ Yoga:
  - ▶ <https://www.youtube.com/watch?v=X655B4ISakg>





# Smile Jars & Identifying Positive Affirmations

This activity will help Children identify Positive Affirmations/Strengths/Resilience/Supports they possess already. They will write down them down & place them in the Smile Jar to pull from on those days when they are feeling down. Family members are encouraged to add to the smile jar as well for the child.

This activity can be powerful/symbolic activity in building a sense of Self-Worth.  
(Worksheet in Download packet)



## Positive Affirmations for Kids & Young Adults

There is no one better to be than myself.

I am enough.

I get better every single day.

I am an amazing person.

All of my problems have solutions.

Today I am a leader.

I forgive myself for my mistakes.

My challenges help me grow.

I choose my own attitude.

I'm choosing to have an amazing day.

[www.thepathway2success.com](http://www.thepathway2success.com)

# Workshop Wrap Up:

These past few months of uncertainty have been difficult & have affected countless lives. If you or someone you know could benefit from Mental Health Services please reach out for help.

Little changes each day can lead to monumental growth & happiness. Don't wait for the perfect time to make your mental health and happiness a priority. Challenge yourself to start building positive momentum toward change today!

Thank you for Downloading our PowerPoint if you have any questions please feel to reach out (413)579-8887 or [www.SerendipityPsych.com](http://www.SerendipityPsych.com)



**Serendipity Psych**  
Counseling & Consultations

# Resources for Powerpoint:

- ▶ Information resources

- ▶ <https://mindfulminutes.com/ease-anxiety-with-visualization-techniques/>
- ▶ <https://www.psychologytoday.com/us/blog/living-forward/201806/3-effective-visualization-techniques-change-your-life>
- ▶ <https://challengingbehavior.cbcs.usf.edu/docs/Smell-Blow.pdf>
- ▶ <http://www.charlotteparent.com/5-Surprising-Facts-About-Yoga-for-Kids/>
- ▶ <https://www.counselorkeri.com/2017/10/06/what-can-i-control-a-simple-visual-activity-for-school-counseling/>
- ▶ <https://copingskillsforkids.com/>

- ▶ Images were taken from google

- ▶ Worksheets resources

- ▶ <https://www.therapistaid.com/>
- ▶ <https://www.andnextcomesl.com/2019/03/free-printable-worry-jars.html>
- ▶ <https://www.pbs.org/parents/printables/pinwheels>
- ▶ <https://www.flowandgrowkidsyoga.com/>