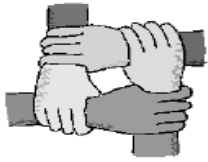


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Color/Circle Your 3 Major Triggers for Misbehaving



Held/Restrained



Crowds



Darkness



Told No/Can't



Miss Someone



Alone



Surprise/Change



A Fight with a Friend



Getting up



Hungry



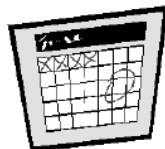
Tired



Bullied



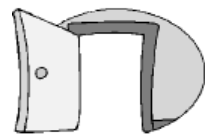
Sick



Winter



Told What to Do



Door Closed/Locked

Revision: Mass. Dept. of Mental Health Safety Tool, 2006

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Color/Circle 3 Major Body Triggers for Misbehaving



Cry



Clench teeth



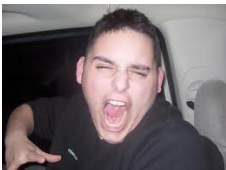
Red/hot face



Laughing/Silly



Threaten



Act mean/rude



Swear



Whining



Racing heart



Breathe hard



Clenched fists



Upset stomach



Shake/Tics/Pace



Jumping/Stomping



Screaming



Rock



Act Hyper



Scrunch Face



Run Away

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Color/Circle 3 Best Coping Strategies for Behaving



Writing



Board Games/Toys



Drawing/Art



Tense & Relax Muscles



Warm Bath



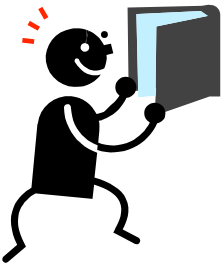
Being Left Alone



Computer



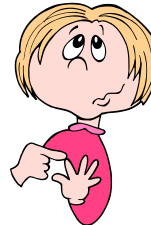
Slow Deep Breaths



Reading



Watching TV



Count to 10



Grounding/Feel feet



Rocking chair



Swings



Dancing



Sports



Swimming

Revision: Mass. Dept. of Mental Health Safety Tool, 2006

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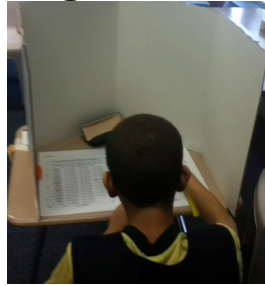
Color/Circle 3 Best Coping Strategies for Behaving



Talk on Phone



Listening to music



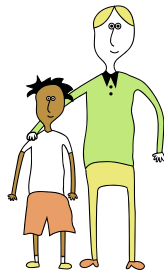
Study Carol



Exercise Band



Hug Stuffed Animal



Get a Hug



Firm Pressure Touch



Fidget



Wall pushups



Bean Bag chair



Weighted Blanket



Sit Moved on Ball



Playground Tasks



Theraputty



Playdoh



Exercise



Chewey

Revision: Mass. Dept. of Mental Health Safety Tool, 2006

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Color/Circle 3 Best Coping Strategies for Behaving



Noise Cancelling Headphones



Mini-trampoline Jumping



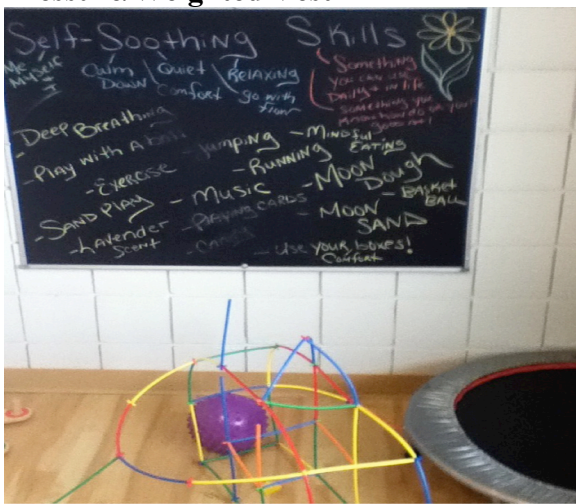
Brushing



Pressure/Weighted Vest



Rock over Therapy Ball



Sensory Coping Area/Room



Mindfulness Activities

Reference: Adaptation of Mass. Dept. of Mental Health Safety Tool, 2006

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Swings



Suspended Swings



Wall Pushups



Punching Heavy Bag



Steam Roller Deluxe®



Visual Supports

Reference: Mass. Dept. of Mental Health Safety Tool, 2006