

Promoting Healthy, Happy Alternative To Fear In Anxious Elementary Age Students

Idea Suggested And I Improved For Elementary Aged Students

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Purpose:

I use this activity when ever a student appears anxious and unable to self-calm at school.

Materials Needed:

Paper, pencil or crayons.

Procedures:

- 1) In a private place, ask student if they want help to calm down.
- 2) If so, ask them to put head down and close his or her eyes.
- 3) Ask student to use imagery to think of the time they are the happiest.
- 4) Ask the student to include what they see, taste, feel, touch and hear in their happy place.
- 5) Student opens his or her eyes and tells me how they feel now and answers for me the 5 above senses while I write everything down.
- 6) I trace the students hand on paper and in each finger I write one of each description of what the student experienced in the happy place. I write one sense description in one finger.
- 7) The student then colors the hand.
- 8) The hand can be copied, cut out and laminated.
- 9) I let the student take the hand with them to keep in his or her backpack to be used whenever the student needs.

Process Questions and Follow-Up:

I practice with the student how to relax and using the same imagy with the five sense several times each meeting. Soon the student is able to relax and self- calm on his or her own.

Theoretical Rationale and/or Research Base:

I have not researched this activity, but only know it seems to work for each student and relives some anxiety after each use. The students have self-reported that this activity has empowered them to calm themselves when in the past they could not. It is the most requested activity from other elementray school counselors from me on the American School Counselor Association (ASCA) sharing site called ASCA SCENE

Limitations:

THE AMERICAN COUNSELING ASSOCIATION
www.counseling.org

THE ASSOCIATION FOR CREATIVITY IN COUNSELING
www.creativecounselor.org

Some students with deep routed anxieties do not always respond when they in a particularly instense episode.

Practice Settings:

- College Counseling
- Counselor Education and Supervision
- Mental Health Agency/Private Practice Counseling
- Rehabilitation Counseling
- School Counseling