

# What Helps? Activity

This activity is designed to help people identify helpful strategies for different emotional situations. Two situations are chosen. Pictures from the attached sheets are cut out to represent various helpful strategies. They are glued under the chosen situations. When completed this poster should be made available to staff, family members or care providers so that they can help the person choose helpful coping strategies when they are in an emotional crisis.



What Helps?  
**When I'm Angry**

What Helps?  
**When I'm Upset**

What Helps?  
**When I'm Overwhelmed**

What Helps?  
**When I'm Scared**

What Helps?  
**When I'm Sad**


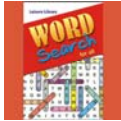
















What Helps?  
**My Mood**

What Helps?

|   |   |  |   |
|---|---|--|---|
|  <p>Weighted vest</p>    | <p>Weighted Lap Pad</p>    |  <p>Fidget Widgets</p>     |  <p>Doing artwork</p>        |
| <p>Relaxation CDs</p>    | <p>Wrap in a Blanket</p>   | <p>Hot or cold drink</p>   |  <p>Hugging a pillow</p>     |
| <p>Worry Beads</p>       |  <p>Helping Out</p>        | <p>Coloring</p>            |  <p>Working hard</p>         |
| <p>Therapy Ball</p>    | <p>Rocking</p>           |  <p>Taking a nap</p>     | <p>Exercise Program</p>    |
| <p>Stress Ball</p>     | <p>Swinging</p>          | <p>Reading</p>           | <p>Listening to Music</p>  |
| <p>Playing a Game</p>  | <p>Relaxation Video</p>  | <p>Being with a Pet</p>  | <p>Being with Someone</p>  |

|  |  |  |  |
|--|--|--|--|
| <p>Singing</p>          | <p>Lycra hug</p>              | <p>Liquid Motion Toy</p>  | <p>Making Music</p>           |
| <p>Theraputty</p>       | <p>Balance Board</p>          | <p>Yoga</p>              | <p>Pressure Belt</p>          |
| <p>Massager</p>        | <p>Games</p>                 | <p>Hand Cream</p>        | <p>Sit and spin</p>          |
| <p>Swinging</p>       | <p>Dancing</p>              | <p>Cushion</p>          | <p>Wrap in a Blanket</p>    |
| <p>Favorite Toy</p>   | <p>Mouth Tool</p>           | <p>Hideaway</p>        | <p>Sound out headphone</p>  |
|  <p>Beanbag Chair</p> | <p>Being with a Friend</p>  | <p>Scooter</p>          | <p>Crunchy Snack</p>        |

|   |  |  |   |
|---|--|--|---|
|  <p>Deep Breathing</p>     | <p>Chewing gum</p>        |  <p>Lollipop lollipop<br/>Oh lolly lolly lolly</p> | <p>Heavy Therapy Dog</p>   |
|  <p>Weighted Cap</p>       | <p>Weighted Blanket</p>   | <p>Koosh Ball</p>                                  | <p>Aromatherapy scent</p>  |
| <p>Relaxation CDs</p>     | <p>Cozy Comforter</p>     | <p>Sound Machine</p>                              | <p>Infinity Walking</p>   |
| <p>Bosu Ball</p>         | <p>Ogzz</p>             | <p>Rocking</p>                                   |  <p>Quiet Place</p>      |
| <p>Lycra wrap</p>        | <p>Beanbag Tapping</p>  | <p>Self hug</p>                                  | <p>Popsicle</p>          |
| <p>Doing Activities</p>  | <p>Jumping</p>          | <p>Walking</p>                                    | <p>Hula Hoop</p>         |

|   |  |  |   |
|---|--|--|---|
|  <p>Talking to staff</p>       |  <p>Doing Puzzles</p>                 |  <p>Playing with a pet</p> | <p>Sensory Room</p>        |
|  <p>Writing in a journal</p>   | <p>Making a Mandela</p>               | <p>Keeping busy</p>        | <p>Listening to Music</p>  |
| <p>Being with a friend</p>    |  <p>Massaging Seat</p>                | <p>Vibro-acoustic Mat</p>  | <p>Ice</p>                 |
|  <p>Lifting Weights</p>      |  <p>Leave Me Alone I'm Thinking</p> |  <p>Bath or Shower</p>   | <p>Ear Plugs</p>         |
|  <p>Talking on the phone</p> |  <p>Using a Computer</p>            | <p>Grounding Kit</p>     | <p>Tea</p>               |
|  <p>Sports</p>               | <p>Exercise Bike</p>                | <p>Exercise</p>          | <p>Hot Candy</p>         |