# The Emotional Toolbox: Planning For Your Student

## Physical Activity Tools
- Quick release of emotional energy
- Use at high stress levels
- Physical exercise
  - walk, run, trampoline
- Sports
- Dancing
- Swing
- Lifting and carrying
- Weightlifting

## Relaxation Tools
- Slow release of emotional energy; decrease heart rate; use at low stress levels
- Relaxation training
- Visual imagery
- Music
- Solitude
- Massage
- Repetitive action
- Happy book
- Deep pressure
- Jigsaw
- Art
- Stress ball
- Reading

## Social Tools
- Time with a favorite person (family member, friend)
- Being with a pet
- Sharing the problem
- Seeking a second opinion
- Solitude
- Meeting someone with similar issues
- Counselor/mentor with ASD/Aspergers
- Affection (modulate for intensity and duration)

## Thinking, Feeling, Doing Tools
- Affective Education/Emotional Literacy
  - Scrapbooks, Diaries
  - Matching emotions
  - Labeling emotions
  - Stories about emotions
- Social Understanding & Social Thinking approaches
  - Social Narratives:
    - Social Scripts
    - Social Stories
    - Comic Strip
    - Conversations
    - Power Cards
- Regulating Emotions
  - Calm Down Scripts
  - Visual Supports: Reminders
  - Incredible Five-Point Scale
- Flexibility and problem solving
- Video Modeling & Video Self-Modeling

## Sensory Tools
- Sounds - ear plugs, headphones
- Light - hat, sunglasses
- Aroma - hat, sunglasses
- Tactile - clothing

## Special Interests
- A means of thought blocking, relaxation
- Keeps anxiety under control
- Collecting and cataloguing Research project on the web (e.g. a webquest)
- Reading/writing about a special interest
- Watch videos

## Medication
- Used in combination with other tools
- Treatment of an anxiety disorder or a clinical depression
  - Impulsivity
  - Mood Cycles

## Sensory Diet
- Everyone has a unique "formula" to help their brains maintain a balance.
- Before designing a sensory diet, consult an occupational therapist (OT) to help assess and design a diet that meets the needs of the individual.

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**Curriculum Resource:** The Alert Program-How Your Engine Runs

**Sensory Diet**
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**Before designing a sensory diet, consult an occupational therapist (OT) to help assess and design a diet that meets the needs of the individual.**