

We

Are

Kids

THE PLAYBOOK TO EMPOWER YOUTH

By Casey M Smith

The Playbook is Dedicated to the Following

My Father Martin Smith

Lauren Aston

Darcy Millard

For; “We all take different paths in life, but no matter where we go, we take a little of each other everywhere.”

Have a Idea?

We are always looking for more and we will always be adding more.

Have a idea? send it to us at

Email: caseymichaelsmith2012@gmail.com

Facebook: Casey Smith

Like us on Facebook: by typing in: playbookyouth

Remember we will always be adding!



To Start!



Greetings my name is Casey Smith, I am Behavioral Health professional, State and National Advocate, Speaker and author of this “Playbook.” I call this the “Playbook” because just like in football you need to write down ideas and so that is what I have done. The Playbook is a symbol of change and a way to not just give you ideas, but to help you think “Out of the box” so that you can adjust games, ideas and assets to help deliver the best treatment you can give. Starting on the next page you will see a set of important things to remember as you work.

One-Four The Beginning

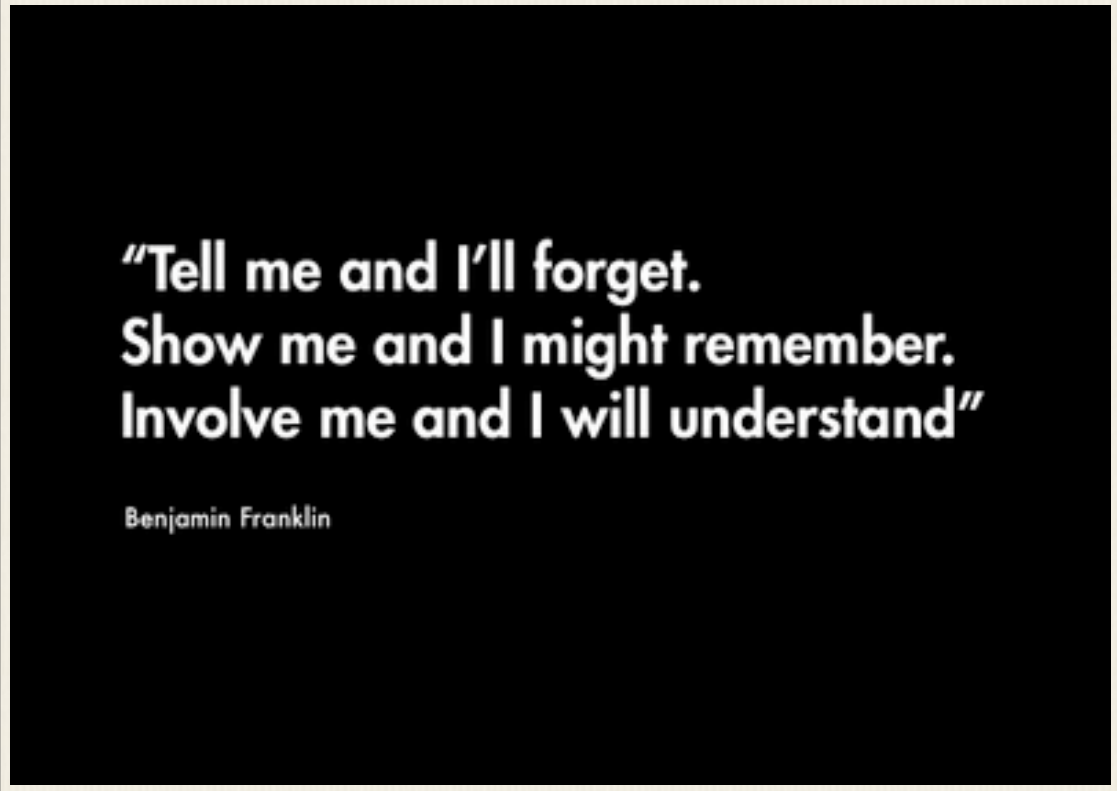


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1. I am a child: Remember this, keep realistic expectations and remember just like you I am a person with thoughts, feelings, preferences, ideas, talents, and dreams?
2. My senses are out of sync: Remember many of the youth that you are working with may be sensitive to certain things: Sights, sounds, smells, tastes, and touches that you may not even notice can be downright painful for me. I often can be thrown off and erupted by this and please remember that I may not be mad at you but may be over stimulated.
3. Distinguish between won't (I choose not to) and can't (I am not able to). Don't be confusing! Say what you mean and remember I take things literal and will remember almost all of what you say. Don't argue with me, that may just make me more angry instead find out ways that you don't have to do this such as just walk away a little bit. For all you know you may turn around and I will be right behind you.

Four-Six



**“Tell me and I’ll forget.
Show me and I might remember.
Involve me and I will understand”**

Benjamin Franklin

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4. I’m a concrete thinker: I interpret language literally: Idioms, puns, nuances, inferences, metaphors, allusions, and sarcasm are lost on me.

5. Listen to all the ways I’m trying to communicate: Use my language and don't brag with your fancy words! I need my own language such as just pay attention to body language or agitation in something. You need to be self aware!

6. Focus on what I can do rather than what I can’t do: However challenge me. There are times where I do need to be pushed a little. Find creative ways to get me going a little bit to see how I deal with it. Be strength based!!!

Seven-Nine

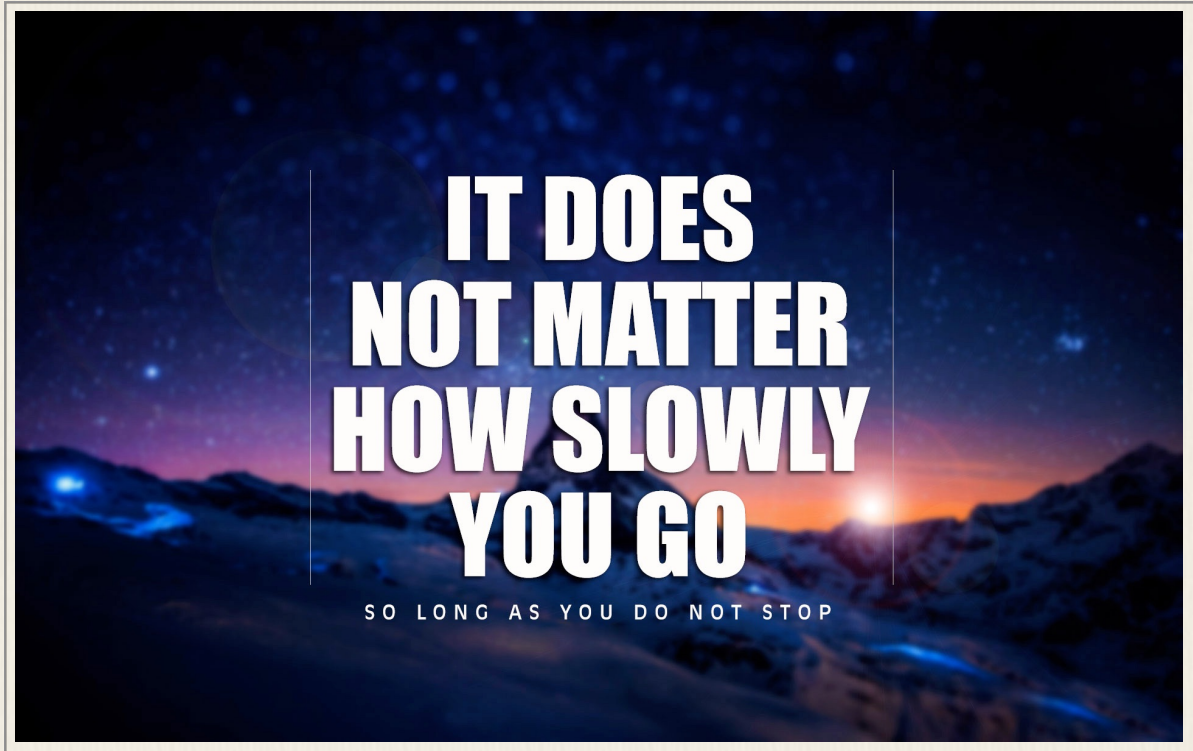


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7. Identify My triggers: I hate getting mad just as much as you hate me getting mad so find ways for me to deal with them. Be creative and support ways for me to deal with them. Ask others what it looks like and more importantly be aware of what i do before it happens and support me when I am out of my Crisis.
8. . Remember your role: What you say and how it will effect me! Don't be on your phone texting, don't tell me about your love life and don't bring me to the same place three times a week.
9. Four What's! What will we see if this is working? What will we do if this is working? What will we see if this is not working? What will we do if this is not working?

Ten - Twelve



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10. Remember Every Behavior meets a need: No individual just wakes up and says “I wonder how I can get you mad” I am doing it because I need to, It meets a need!

11. Teach Empower and Support: Teach me how to do something new and how i can get better in it and EMPOWER me to do better and to want to better and SUPPORT me while I am doing it

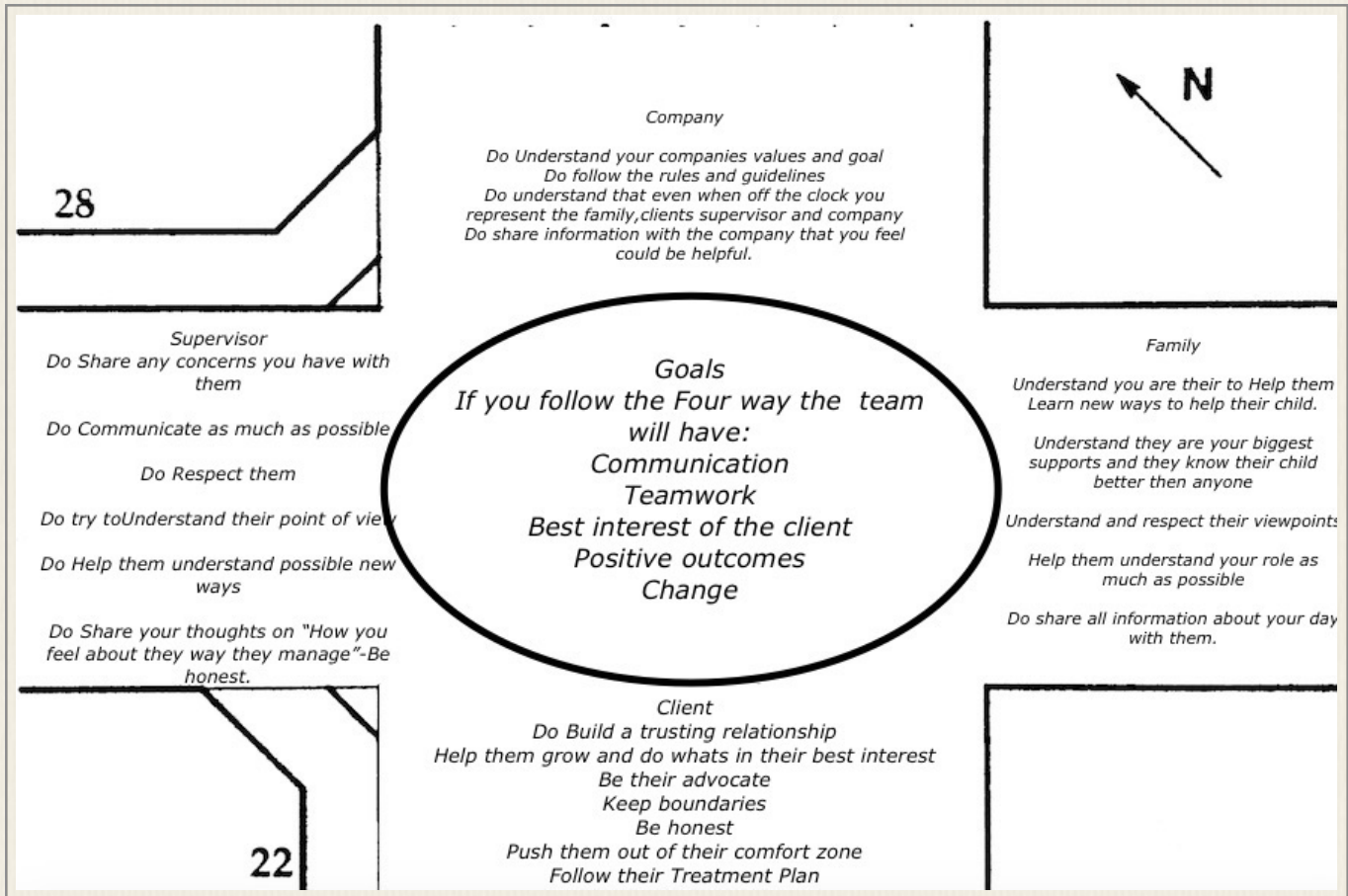
12. Team: Perhaps the most important that so many people forget is that as a worker, adult, mentor, caseworker we are part of a team and so lets remember the definition of team T-Together, E-everyone, A- Achieves, M-More.



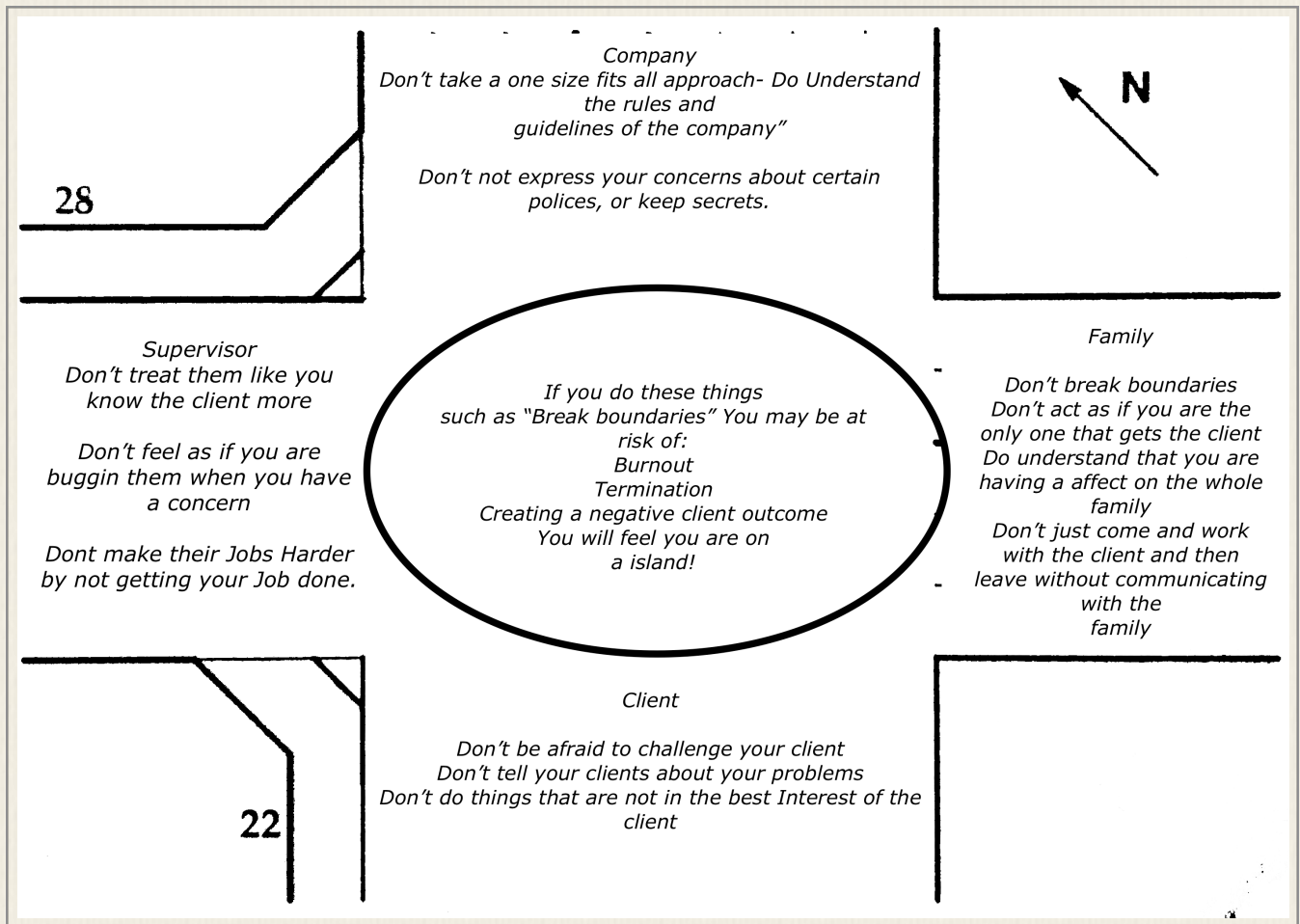
#1 Rule

**Remember
Every Behavior
Meets a
Need!**

Four Ways to Team!



Accidents Happen Four Ways!





Before we start.....

The Whole guide is based off of activities but what one is best? **The Number one activity is; Make Up a game or idea to help your client.**

The whole point of this “Playbook” is that you will be able to come up with activities and games that fit the individuals treatment goals, the companies idea of “Acceptable activities” and games that are individualized and helpful. Please check with your supervisor about any activity in this book; The Playbook is an idea of following treatment plans and goals and building life skills but respects companies and there decisions on what is a acceptable activity.

What the purpose?

1. To help you become more creative.
2. To help your client think out of the box or think more in the box.
3. To build skills therapeutically.
4. To help everyone understand their is more then one way to accomplish goals

You could

Make your own puzzle!

Make your own board game!

Make your own Sports game!

Make your ideas on the best way to serve your client while working with the family.



Board Games/Card Games



1. Monopoly,
2. Board Game Adjustments
3. UNO
4. UNO Adjustments
5. Card games and family games

Therapeutic Behavioral Monopoly

TBM

Just like monopoly but much more efficient! You follow all the same rules of the game but add things in such as

1. No Swearing

2. No yelling

3. Inside Voices

4. No cheating

5. Keep Space (Boundaries)

6. Good Sportsmanship

7. You can bid on properties

8. No take backs “Once you say something like \$500 dollars for that property, you have to do it even if you are joking!”

9. No lying

10. No Arguing

These are just some examples of things you can do and the following are ways to help with understanding actions and consequences!

1st Offense: \$100 Dollars

2nd Offense \$200 Dollars

3rd Offense \$ 300 Dollars and if to the same person then you have to give them property

4th Offense \$400 Dollars and two properties if it is to the same person

5th Offense \$500 Dollars + Jail time and the other person gets to pick the property from you

6th Offense \$600 Dollars, Jail Time, 3 Properties and \$1000 Dollar fee to get out of jail!

**All of the fine money goes into free Parking and the person who lands in free parking gets it!

Now none of these are set in stone and can be adjusted but it makes the game go buy quicker and help learn behaviors. While doing this you can also add in these interesting things to go in quicker;

For each double you have to pay \$20 and it goes up for every double

For each time you go around and don't buy a propriety you have to pay \$100

For each time you go around and don't pay anything you get \$100 Dollars!

The important factor of this is to choose goals and other aspects that fit their treatment plan. **DO NOT OVERWHELM THEM WITH RULES!**



Board Game Adjustment

Monopoly Adjustments

TBM certainly makes the game go by faster but lets say you want the game to go by even faster. One aspect is to add these rules in to make the game faster.

Monopoly: On the back of the Monopoly there is a various amount of ways you can make Monopoly faster

Shuffle the Title Deed cards and deal three cards to each player before the game begins -- no payment is required for them.

Earn a hotel purchase once you buy three houses, versus the original four houses required to get a hotel.

Pay \$200 for landing on the "Income Tax" space, versus the original \$75 required

Limit the time of the game to 60 or 90 minutes or a predetermined time. Each player tallies their cash, property values (including half-price for any mortgaged properties), and houses and hotels. The richest player wins the game.

The most important part of this or any game is to know your client and limit your youth can last. A example is if you think your youth can only last 15 minutes and so set the game for 15 Minutes

Other Board Game Adjustments

Chess: Make the queen the King

Sorry: You can use this for every time they get a piece out they either have to say sorry for something they may feel bad about or have them say thank you for something.

Checkers

Clue: You can use the same format as the game but not use the board and have them make some stories up.

Connect Four

Bingo: Blackout, Only even numbers, only odd numbers only can lay one down if you use a manner.

Make your own Board Game

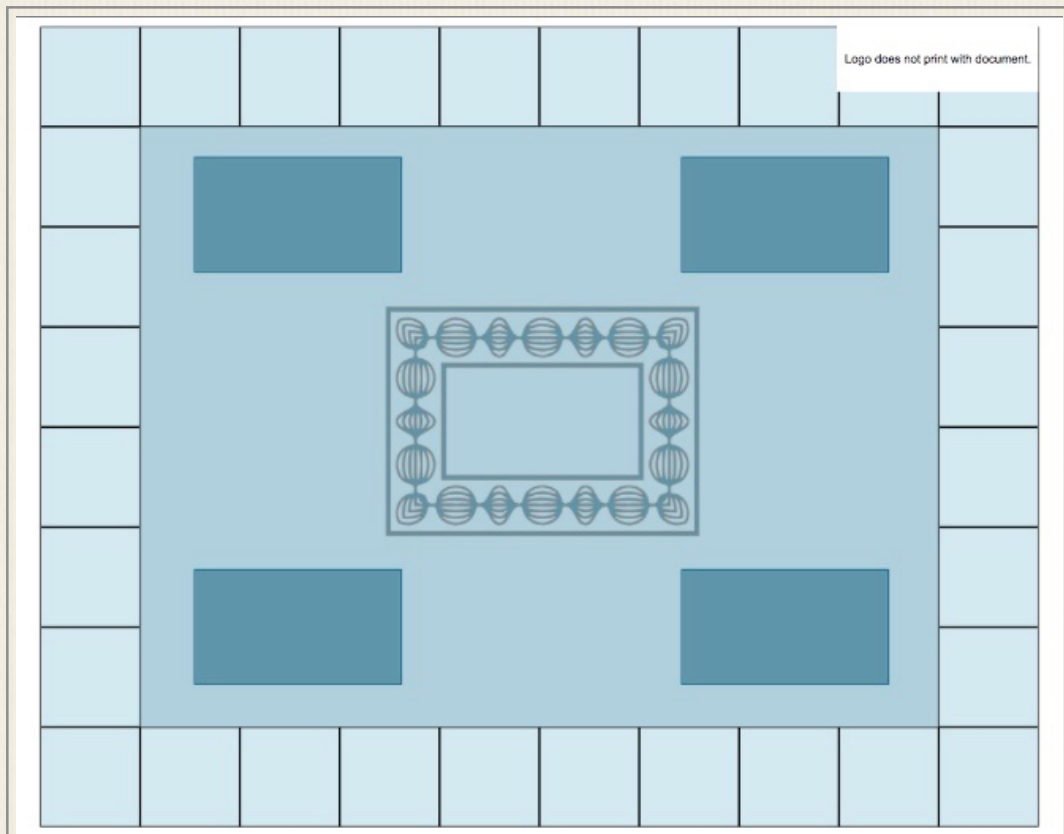
Below is an example

“Each tile can be worth a point or minus a point” The person with the most points at the end wins.

Each tile has a direction to do such as “If you land on this clean your room or say a phase or quote.

You can make a game that you write a certain question on each one and have to answer it or pay not to answer it.

You can make a game that each square is a truth, dare, question an a point system, the cards can be a extra point system or an added bonus as well.



UNO

What can UNO do for you?

It can Help with transition? Sometimes those last few minutes of a shift or time were you are working with someone can be difficult and UNO is a great way to de-brief and do something familiar and usually goes by pretty quick as well!

Build Sportsmanship: (When their are at least 3 or more players): Instead of just ending when one person wins you can help build sportsmanship by playing for 2nd, 3rd and 4th place! This shows that you don't give up just because you lost and still gives a sense of accomplishment.

It can help show you what another person is like when frustrated: Perhaps no other game brings out the competitive spirt of people like UNO as you get frustrated when you have to draw cards and you are about to win or you forget to say UNO you have to start it is a great way to learn how people deal with stress!

Different UNO Games

Shorter or longer can teach the value of routine and complex situations: By starting one game with seven cards and doing this consistently you are starting a routine and when you throw more cards in you are showing that it will not always be the same!

Reverse UNO: The cards effect you;

Draw four and draw two makes it so you have to draw the cards.

Reverse and Skip actually skip you!

Wild makes them able to pick the color!

Who is the winner?(At least a 3 Player Game): Create rules such as “Not Swearing, Not lying, Boundaries, Boundaries, etc” Then keep track of who breaks the rules and while breaking doesn't mean you will loose the other two may decide that we need to go another round before declaring you the winner! (This can be done in all formats)

Truth, Lie or Dare! This is just like truth or dare but instead you use the cards and ask a question such as Truth or Lie “Casey has blue eyes!” Well that would be true so you can lay down your card but if it is not true and Casey actually has brown eyes then you can't lay down your card and have to pick up a card! If you dare and you don't do the dare then you have to draw two cards.

Team UNO (At least a 3 Player Game): All the original UNO Rules are in place for this with the only exception being that at any time during the game two people can team up on one person and share their cards to take down the other person. The down side to this is that if you team up and lose against the person you team up with you have to split the cards you have evenly and putting the extra card if there is one in the deck!

Honesty UNO: This is a game that shows the importance of being honest as while you are playing you try to get rid of more cards than you are supposed to such as laying down more than one at a time and not getting caught. When you get caught you are to take as many cards as you try to get rid of.

Feelings UNO! During this game every time you lay down wild or draw four you have to say one of the following;

1. I am sorry for
2. I am Thankful for
3. I liked when
4. I didn't like when

Card Games

#1 Talk to me!

You can add more! Use a deck of cards and ask them question in which for each response they get a card.

Example Question: “How are you”

Answer for points: “ I am doing well, how are you”

Answer for no point: “I am doing well”

The longer the conversation goes the more cards they get!

No this varies as you may not want them to be talking more, but we will get to that in a second!

For Shorter conversations

Example Question: How are you?

Example Answer: Great!

Example for no point: “I am doing well, how are you?”

Remember: Get creative!

#2 Tough Questions!

Sometimes we find ourselves in situations where we don't want to answer a question and as many of the individuals we work with, we find that sometimes they may tell us their whole life story! During this game you can help them answer the hard questions that may be asked!

Example, first you would ask them to answer a question they have stated they have trouble answering! This can be related to a diagnosis, life event, disability or even in my case a receding hairline!

Example of a tough question: "where do you live?"

Possible answers: "In a house" "In Bangor"

Try to help them stay away from things that can open the door to more personal questions like;

1. "I live at home with my Mom in Bangor"

This can lead up to the other person asking questions like "Just your dad?" Many of us may have seen this leading to more painful questions so this activity is good practice and adding incentives is also helpful!

#3 Compromise Me

There are two ways you can do this.

1. You can use cards and have them try to convince you to trade your higher cards for their lower ones and visa versa it becomes interesting to hear the reasons to compromise.

2. You can be in a store or park and have them ask you do something like “Play tag” Find ways to have them convince you to do the activity with them, you can also do something like having them convince you to go to a certain are of the store.

Point of game: The point is to learn different ways for them to get what they want, this can also be useful in trying new things or getting them to try new things!

Family Card Games

“True or False”

Use cards with already done up questions or make up questions that you as the worker may know about the family and see if you get them right!

Example Question the family may ask! “When is your clients birthday?” “What is your clients favorite thing to do?”

Then you switch it by telling an non boundary violation story such as “I drive a Nissan”

The family would then get together as a family and come up with an answer either true or false to decide together if you do drive a Nissan! As you are doing this you may decide to keep points to see who wins! The other thing you can add in to have them talk quietly and if you hear the answer then they don't get the point!

Question cards: Such as 20 questions etc are great ways to split into groups and help others work together!

Go to the same place! Getting the whole family out of the house to do an activity together or to shadow can be extremely rewarding as they get to see

- A. How you treat their child in public
- B. What activities you do

Listen closely.

What can you hear?

Try playing a game without talking.

Try doing an activity without talking.

Try doing an activity where you don't stop talking.

Try playing a game where you try to use one word as much as possible.

Try to play a game where you try not to say a specific word.

Try to play a game where you try to be as blunt as possible.

Try to play a game where you try to elaborate as much as possible.

<h2>Developing Social Skills</h2> 	<h2>Basic Social Skills</h2> <p>These are the simple skills involved in talking to and interacting with others. They include:</p> <ul style="list-style-type: none"> Making frequent eye contact Smiling when greeting people and talking Showing "confident" body language: an open, direct stance, not fidgeting or twisting. Basic politeness: saying please and thank-you, saying hello and good-bye, etc. Showing interest in others, e.g., asking how their day was, how they thought they went on an exam, etc.
<h2>Making Conversation</h2> <p>These are the skills you use when talking to other people. They include:</p> <ul style="list-style-type: none"> Taking turns when talking Listening and showing interest in what the other person has to say "Small talk": being able to chat about unimportant things Nodding and smiling to indicate that you are following along Using humour Knowing when to disclose personal information and when not to 	<h2>Building and Maintaining Friendships</h2> <p>There are many skills involved in making and sustaining friendships. For example:</p> <ul style="list-style-type: none"> Approach skills: being able to go up and start talking to someone who you don't know or don't know well. Sharing decision making, i.e., not always insisting on having one's way but negotiating about what to do, where to go, etc. Showing appropriate affection and appreciation.



Store Games



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1. Walking Tag
2. Price Tag
3. Create Shopping List
4. Mall 20 Questions
5. Try this on for size
6. A-Z

Store Games

#1 Walking Tag- What person doesn't do tag? I love this game! I used to play it with my friends and get kicked out of Wal-Mart all the time so its important to follow the rules listed that way you don't get kicked out!

1. Do not run
2. Stay two arm distance lengths away at the beginning of the game.
3. Do not run
4. Do not be obvious, act like you are just walking to get something (You can add points for doing this).
- 5 You can also set goal distances (Such as; get to this point in the store before i tag you and get this many points)
6. Pick a end time.

#2 What doesn't belong: Go into store and try to find something that doesn't belong, this works better in one aisle and just decide what doesn't belong.

Price game: Find the most expensive thing and the least expensive item either in the store or in a specific aisle (You can keep points to make it last longer!)

Create shopping list: Give a list of things that create a home and give set amount of money to set and have

him stay in the set (Have them make you one and then each of you and you can even add in a time frame to make it more interesting)

#3 Search for the #1 Mall 20 questions!

You may wish to scope the mall out prior to the event to look for unique items to and add stores!! But here are some ideas!

1. You are Limited to something white here.
2. H and M wanted to purchase something with a design on it.
3. Victoria has a Secret about something pink.
4. Lord Stanley and Taylor found shorts to wear.
5. Express yourself with something glittery.
6. JC saved her Penny's to buy something pink.
7. Aero found something on sale here.
8. Your Bath and Body needed a little sweet pea.
9. Soar like an Eagle in something blue.
10. You Macy something green here.
11. Purchasing a cami or tank top would fill in the Gap of my wardrobe.
12. Getting a new accessory to wear would be The Icing on the cake.
13. I feel Forever 21 in this shirt. [shirt of your choice]
14. The Express has a shirt
15. Stay on Topic! this Is Hot!
16. Did you buy that radio? We need a new one for the Shack!

17. Searsiously!
18. Any Haircut will do
19. Put a Lid on it!
20. You have some nice shoes on your feet! Make sure you lock them in your locker!

Find these in the mall!

Vending Machine

Fake tree

bench

Chair

Animal or something with an animal print

#4 Try this on for size! Remember get Creative and add stuff but the point of this is that the both of you are going into a place and trying on something that you would buy. I find that developing a point system and adding ways to add points is most effective. One piece I added was having the individual ask the individual at the counter were to find the item first and giving them a point for trying the item on and asking the question. Here are some ideas of some things to try on; shoes that you would buy (sandals, flats, buckle up shoes etc) purse, belt

What did you find? You may wish to scope the mall out prior to the event to look for unique items to

add to this list. Find flowers, find a star, find a frog, find a tiara, find a heart, find a gumball machine, find a bear, Find something that sparkles

#5 A-Z! You can do this in any store, just simply look for each letter and set a limit to how high you go to.

You can also add a pen or a paper to this and use words that start with each letter and see who gets their!

#6 Color me that! Like the rest you can look to find something that is a certain color and see who gets the most of that color!

#7 Lava: Only step on certain color of tiles, you can start a certain amount of time to do this.

#8 You got the number? This is the same as the other game except that you can adjust it several different ways such as you could decide to find just the number 1 through 10 or higher if you choose or you could decide to find things such as finding something that is in a pair of one, two, three and so on and so fourth.

#9 Make your Scavenger hunt! You can follow the guidelines above or as we have talked about just be creative and do something completely new!

#10 Seat Racing! -Look For seats and race to the seat, you can set rules such as you have to wait until you both are close to make your way to get to the bench and if you run you lose!

#11 Simon Says I Have a mother!

This is one of my favorites, as a kid we have probably all played at least one of the two but adding them together gives a new perspective as it becomes a little harder and what is better is you can do them separate as well. The purpose is that it will help in following directions and asking before doing.

Example for simon says: “Simon says grab that item.”

Now you can either one or two things;

1. You can allow them to put it back
2. You can tell them they have to ask to put it back

Mother May I: “Mother may I put this item back?”

Getting creative with this is interesting as if you say no a few time you may see them needing to use a coping skill! Again you can set points for following directions and not following directions minus points! Remember this does not just have to be in a store, you can do this at home or any other place!



Rope Games

1. *Jump to each circle* (Start taking away circles and ask what would you do?) - You can also have more than one person to be in the circle in which can help with guiding boundaries.

2. *Rope House with paper*: Use rope to make a sturdy foundation or a structure to hold the paper!

3. *Silly String- Rope Game* Following directions: In this game you use a piece of sting and give direction in which with each direction given they must follow the prompt if they do not then you spray them with the Silly string and let them do it to you. (Be sure to relate the importance of following directions) They also can get closer or farther away deadening on if they are following directions.-make sure there is no spraying in the face.

4. *Ball of yarn*- How we are connected: By doing this you can pass the rope back and fourth or even tie it to different things like a tree if you are in a park. The goal of this activity is to show them how you may have things in common that you did not even think of.

#5 Obstacles!

1. Grab rope
2. Find multiple trees
3. Find one tree and tie the rope around the tree.
4. After you have tied one end to a tree find other trees and make a large almost maze of obstacles with the rope, use the rope to go around at least one tree once.
5. Once you have done this go back to the beginning and grab a card, paper or other object that can move on the rope.
6. Explain what obstacles are and then explain that throughout the maze or rope line there are going to be time they are going to want to take the card or paper off the line and move it. Instead of doing this explain to them that they need to move the object along the string the whole length and enforce not giving up.
7. As they come to one tree were you have placed a obstacle such as a loop around the tree you should help them get the object around the tree.
8. Positive reinforcement, tell them the positive they did such as not going up and explain obstacles and how to view it as a accomplishment rather then a task.

Angry Cars!

Using cars either while your car is stopped or while you are going, make a list of different types of cars, their are four levels to this game! (Before doing this try it yourself, it is harder then you think)

1st Level

Tell them to write the full type of car down. Now tell them to write down every car they see that passes them! This works bet when near a high populated intersection! A example would be; Nissan Altima, Volkswagen Beattle

2nd Level

Now write down ever car name you can think of! Example:

Honda

GMC

Subura

Bus

Toyata

Nissan

etc

The longer the list the harder and more interesting it is! After each car you would write down how many times you saw that car.

3rd Level (The Easiest Level)- Write down the following

Car

Truck

SUV

Bus

Motorcycle

People

The point of this is to help individuals learn to not complicate tasks, but instead find ways to make it work best for them. This task is also helpful in understanding strengths and weakness, learning coping skills.

You can also get creative and have them wait until the light is green to start counting or until it is red to start counting, all this depends on the level of relationship you have and what you think they are able to do. I also in the past have added a point system in if you want to get a little competitive about it.

Vroom, Vroom: Just like the old Blue punch buggy, no punch back you pick a color of a car and do the same thing. Example: If you see a green car you say “Vroom, Vroom” This works best by not keeping track but if you want to be competitive then add up your points!

Timing is everything: Set a goal or set a time that you think you will get home and pick three separate times that you think you will get home and allow them to pick three separate times that they think you will get home The person who comes closest wins!

Freeze Game: Say tons of words then a specific word and you have to stop. This helps with understanding and listening to the other person!

Social Scripts: Depending on age give them a situation and ask them how they would handle the situation! “What would you do if the dinosaurs came back!” Give creativity points and etc! The places the imaginations will lead you can help you learn a lot!

Color the cars:

Using colored pencils find a car that is the color of the pencil for each car that matches the color

Easy: Find a match for each car and that person gets a point-go until all the car colors are found. Go until one person has the most.

Hard: Continue to search for the colors but this time you can exchange the colors based on who finds the next color (This can get tricky). Go until one person has them all.

“Who can keep it clean?”

Assisting in the old saying “Don't ask me to do something you wouldn't do?” In this activity set up a reward based concept of “Who can keep it clean?”

In this you challenge them on “Who can keep there space clean longer?” There room to your car. Set up a reward system, end time such as one week and then declare a winner. This is a great motivator to helping them keep their room clean and for your car.

Which Car is Like you?

- I. Which one is closest to you?
- II. Which part of the car would you change (Why?)
- III. What is the most important of this car?
- IV. What could happen to this car to destroy it?
- V. Sometimes it's how it looks?
- VI. How could we adjust the car? What could make it better?
- VII. Who drove it (Who you used it)?
- VIII. What did they use?
- IX. What's car is your favorite?
- X. How does it relate to each part of you

Change factor

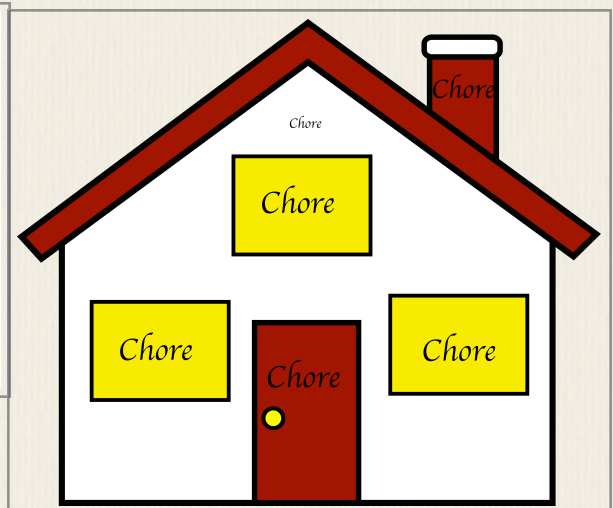
Think about what changes? (oil,filter,wash fluid, gas, tires (change)

***Explain the importance of change and use the above to relate to things that the youth may need to change (Swearing, rage, fighting)

Reward Chart (Preferably a House or Car)

Make a model of a reward chart with car magazines, newspapers, or online printouts that show the chores to be done. Instead of using the basic “Reward Chart” get creative and build a model of a car that shows the rewards. While doing this do the following;

- I. For each positive aspect you add a piece to the car
- II. For example: Make the tires part of the chore list and once you have completed the chore put the tires on the chart
- III. Write each chore on the car part and through each chore part build the car
- IV. Start with interior before exterior (Showing its what on the inside is key and that the hard work is on the inside not the outside)
- V. Making this something you can bring with you during shift. By doing this it will be helpful as you can help them keep track of each goal you have worked on. Below is an example of a a car and a house.





Ballon Games

#1 SHAVE: Use shaving cream, whip cream etc to cover the ballon explain to them that their are two objectives

1. To clean the ballon without getting it on them
2. To catch the ballon without any getting on them

Now you can do both of these or just one of them, the toss one is better in my opinion as you you get to do it until one person is dirtier then the other!

This activity was created to help with strategic thinking and making choices. On top of those two it was created to help the individual that you are working with to work as a team or just build confidence and patience!

#3 Hide it!: This is actually fairly challenging but yet fairly simple as you hide the ballons in different places. This activity works better if you are outside as the balloons will probably move around.

#4 **Fill er Up:** You can one of two things with this;

1st: you can put just enough so you can toss them and see how long you can go until you drop one

2nd: You can fill them up with different things and have them guess what is in them. Once you have filled them up you can explain that once it is filled they must guess what is in each ballon and give points or something else as a reward for guessing right! This can be helpful in helping to teach them how to accept their own choices and accepting their own behavior!

You can also get creative and add the SHAVE game into this and have something covering the outside!

#5 **VOLLEYBALL:** Now I am sure we all did this as kid's see who can keep it in the air the longest, well its really quite simple! You keep it in the air over a certain area or my favorite you hit it in the air outside for as long as possible. It is harder outside!



Arts and Crafts

- I. ***Make a life size car:*** You can get the cardboard from a local recycling center and cheap tape from the local Dollar Store!
- II. ***Make a boat and bring it to a stream:*** You can get the plastic or pieces for free from the local recycling center!
- III. ***Make a life size building*** in some area of the house or a place were it will not get wet!
- IV. ***Make a city for Hot wheel cars*** and use old magazines for citys! (You can the cardboard and Magazines for Free at the local recycling center
- V. ***Buy a single stack of paper*** and get no tape and see who can make the most interesting piece of art! or you can buy tape and do the same thing!
- VI. ***Make a giant tower out of paper!*** See who can get it the highest!
- VII. **Volcano:** Making a volcano is a great way to sneak in some science to your child's summer vacation. Supplies: clay, vinegar, baking soda, red food coloring (if you want the eruption to be red like magma)

Create a Project

As many of us know the library can be a useful tool and sometimes you can do something such as learning about a car into something fun. You can start with learning about the car and then make a arts and crafts project on building a giant car.

Learn year it was made

What it did

What it was used for

Who made it

Would I buy it

What else could it do

What is the price

And other things related to this

You can also learn about organizations or places before going.

Make a Book!

Three ways you can do this:

1. You can do it all pictures and just a few words describing what it is
2. You can do it all as words and just make a funny story
3. You can make a comic book
4. You can do this by the App on Mac called I Author as well as just with paper and a pen.

Shirt on the inside

Remember when you were younger and you used to make tie dye? This is the same thing except that it has a more valuable aspect then type dye. Make a shirt with all the negatives on the shirt. Go into public wearing the shirt but wear something over it and once you return home speak to the individual about stating “When you sit back and think about it-how many people knew you were wearing that shirt?” How many people do you really think know any negative things or thoughts about you? Utilize all the same things you would for



Picture Credit to Google Images

The inside is what counts.

The 1990s Hondas are widely considered the best car; Why?

Low Milage

Great on gas

Easily customizable

Will easily reach Three hundred Thousand miles if maintained

Why bring this up? By doing this you can look up certain cars and realize “Its what on the inside that matters” Many think a 2015 is better then a 1991 because its newer but in reality a 1991 is usually better and cheaper on insurance. The model of this activity is to use the idea of helping individuals understand its about what they believe about themselves on the inside rather then what others judge them about on the outside. The best way to do this is by judging cars and older products even baseball cards to newer stuff but you can do this with anything. You may even think about who you would rather be “Kayne West or Oprah Winfrey.” This activity is all about understanding judgments and understanding the inside. Ask questions like:

If it is a person ask

What is there personality like?

What do they look like?

What do they do?

How do they act?

What do you think about them?

What do you know about them?

What do you think you don't know about them?

What would be surprising to find out?

How did they get to where they are?

Have they experienced hardships?

How did they overcome them?

What is

Make a cardboard cutout with words, quotes, success, struggles and other aspects that you learn about them. This goes back to visualization and seeing what you believe and what you know. Think about people you may want to be like that are great Role Models (Emma Watson (Hermione from Harry Potter) or Robin Williams. An Example is like the one below where it says (Stand out, Music, Style, Healthy just to say a few). This specific one stays in my car at all times.



Box me in?

Decorate the inside of the box or bag and keep it closed . After you are done with this show another person and ask them “what do you think” Odds are they will respond with “its just a box” Tell them “Look inside”.

By doing this you are helping others understand it is what is on the inside that counts more then anything.

Almost all of the visualization techniques we have talked about is part of this except that it can be two different ways.

1. All positive things on the outside or the inside (or both)
2. You can just write the negatives on the inside or you can write secrets on the inside and not show it.



Photo credit to google.

The Secret Box

Its all about building memories and seeing the value in things. Remember when you were a kid and you used to get money in a card and throw away the card? What would you do to have some of those cards with the special messages back? Each shift find one thing that reminds you of the day or a memory and create two boxes. Or do you remember the “Time machine, were you would put something in it and then expect people years latter to find it?”

During this activity you pick one thing from each thing you do each day and put it in that box. Hold out on telling them why you are choosing because many people fixate on the reason why or what it is.

One box is for one thing they pick that reminds them of the shift

The other box for you and something you remember

At the end of the week show what is the one thing that you picked from each shift and why. The purpose of this is to help in not caring about materialistic things but more about the memories created.



Photo credit to Google images



You are Somebody's Hero.



In this chapter we will go over activities relating to super heroes and ways to incorporate them into helping youth reach their goals. You can also make your own superhero like the one above by going to [Marvel/createyourownsuperhero](https://www.marvel.com/creatoreyourhero).

Super Point!

Superhuman war; Who would win? (You can also just use this for “Which one is better?”)

What is each of their power?

What do they do best ?

What is their kryptonite?

What could make them better?

What are the pros and cons of this superhero

Make the argument on how they could get better. Use the persuasive speech outline (Below) to state why the individual is the best superhero.

In the persuasive guideline below is how you meet a guideline for “Who is better or more so “Persuading others on the point you want to make. This activity is designed to help youth think before making a judgment and understanding the reason for their choice. Use this as you make the argument for “Who is the best superhero use this outline”

- I. Topic: “Super hero” Batman Vs Superman
- II. General Purpose: “What is the purpose of the argument? Helping? Involvement? Change? Understanding? Agreeing?”
- III. Specific Purpose: Have them state the exact purpose such as “Agreeing”

Thesis: “To many people believe batman is the best. Today I am going to tell you why Superman is the best.

Introduction

- *Attention Getter:* One time I thought I could fly so I jumped off my bed and called my self Superman. (This is just an example as it is just supposed to be something to get the other persons attention.)

- *Reason to Listen:* “This could be someone you know.” Thesis Statement: “To many people believe batman is the best. Today I am going to tell you why Superman is the best.

Credibility Statement: “I have studied superman all my life, I have watched every movie, I own everything superman.

Main Points:

Statistic 1: “How many kids love Superman over Batman?”

Statistic 2: “How much money has the Superman movie made over Batman.

Statistic 3: Who has been around longer?

Transition: “So what can you do to help people know that Superman is better?” I bet you are wondering, what can you do to help show that Superman is better? 1. You can research more information; before deciding who is better 2. Ask more people what they think?

Conclusion: Restate thesis and quick main points as well as at least the one main statistic.

By doing this you are building skills in: Speaking, organizing, making points and thinking before you speak.

Super Human

Talking about your own strength and weakness can be unpleasant and many people don't like doing it. Sometimes the best method for thinking about who we are is to start by thinking about someone we admire and what they are like?

- Who is your role model?
- Why?
- What skills do they have?
- How did they get to where they are in life?
- What skills do they have that I can learn?
- Is this a field I could work in?
- What type of leadership do they have?
- What is one thing they don't like? What is one thing they would change about themselves or in the world.
- What are their interests?
- How do I relate?

Relationship Ninja

In a game,

1. Players stand in a circle
2. Place their hands together
3. Player leading the game will say "Bow."
4. Strike a pose.
5. Players take turns trying to touch their opponents hand by swiping at their hands
6. Once you go for their hand you must freeze in place.
7. Defending players may dodge if they think they will be hit, and must also freeze once the other person tries to hit their hand.
8. If a player is hit, the hand that is hit is out but the other hand is still in.
9. If a player misses, they must stop moving immediately.
10. When both hands have been hit the player is out and must stand back until there is one player left.
11. The only player left is the winner.
12. Remember to add in a behavioral technique and relate it to the treatment goals. Suggestions: Hit specific area or timed attacks.



Cooking



Picture credit from google images

Cooking is a great way to build in some skills and do it creatively, Just to name a few it can:

- Build trust
- work on time management
- Work on following directions

1. Just Recipes



Cooking

Just a few ideas to get you started

1. Fruit Salad
2. Soup
3. Mix and Match Cup Cakes/Muffins
4. Pizza
5. Frozen Yoghurt Frozen
6. Chocolate Truffles
7. Cookies
8. Grilled cheese (You can do this in the microwave by putting the toast in the toaster and then putting the toast with cheese in it in a frying pan for a few seconds. This makes nearly the best grilled cheese.

9. 1. French Bread Pizzas
10. 2. Vanilla Sugar Cookies with Sprinkles
11. 5. Baked Parmesan Zucchini Fries
12. 6. Homemade Fries (Potatoes and Oil in a pot)
13. 7. Watermelon and Berry Fruit Salad
14. 8. No-Bake Chewy Oreo Bars

15. 9. Healthy Baked Bites with Oats, Cranberries, and Apple Sauce
16. 10. Easy Jello Ice Pops
17. 11. Taco Salad
18. 12. Roasted Cauliflower Steaks
13. Peanut Butter-Banana Quesadillas
14. Hamburger
15. Steak
16. Noodles

Two of my Favorite

Bag O' Chips to Go!

Ingredients:

Butter

Boiled oil

Spices (Any one you think may taste good.) Try something new.

Use spices on plain different chips and have a chip judging contest! You can make your own chip and then decided which one is the best.

My Favorite

OREO® PARTY POPS

Ingredients:

20 popsicle or lollipop sticks

20 Oreo Double Stuff® cookies

1 12-ounce package of semi-sweet chocolate chips

1 T. vegetable oil

Chopped nuts, colored sprinkles or miniature candies like M&M's® or Reeses

Pieces®

Directions: To form Oreo® Pops, insert popsicle sticks into the cream center of each cookie. Set aside.

In a small saucepan over low heat, combine chocolate and oil until melted and smooth, stirring constantly.

Dip each cookie into the melted chocolate, coating evenly.

Place dipped cookies on waxed paper and decorate with chopped nuts, sprinkles or candies.

Leave cookies on waxed paper until completely set.

Wrap in plastic wrap and tie with a bow if giving for a gift.

Makes 20 Oreo® Pops

Find other Great Ideas cooking ideas at:

<http://www.kidactivities.net/category/snacks-no-bake-recipes.aspx>



Stick, Slide and Fling



Picture credit to google image.

1. Table Slide
2. Therapeutic Color Risk
3. Concentration

Table Slide

Use a pile of popsicle sticks from the dollar tree

1. Find a flat level of table
2. Open Package
3. Explain that you are going to slide the popsicle sticks off there side of the table
4. Set a point system (Every one that goes off the table is the person who slid its point)

This is a great way to deal with some coping skills and sports-manship. You can also help individuals by showing new ways and explaining how you won or lost.

Therapeutic Color Risk (TCR).

Have you thought “Is there a way to think before you do something? Teach that you have to think before speaking?” In the game of TCR there is different colors and different goals, below they are listed.

Supplies

Colored Popsicle Sticks (Pack of 150)

Sharpie

In this game the key is that different color means more of a risk. While doing this write the following on each one.

Red: more risk but higher points. (10 that are a gain of points)

Green: least risk low points (10 that are loss of points)

Blue: least risk low points (10 that are a gain of points)

Yellow: more risk but higher points. (10 that are loss of points)

Automatic risk

Four automatic winners

Four automatic losers

Win lose perception

Concentration

Use rubber bands

A great way to teach non-verbal communication and staying focused

1. Pick a open area (A strip of the sidewalk)
2. Grab rubber bands
3. Explain to them that while you are walking and talking you will be dropping rubber bands.
4. Explain that for every time they catch you dropping one they get a point and every time they don't you get a poi



Opposite Day



Photo Credit to Google Images

Your the Boss

Do things in the store such as

1. Raise your voice and say (I want a toy-Don't scream or do anything that draws attention to you.)
2. Walk fast
3. Go to a certain aisle and not leave
4. Be creative and come up with some of your own (Do not draw extra attention to the two of you.)

Goal: This is to help them understand your role a little more and also to work on their own coping skill when dealign with frustrating situations. The key to this is to 100% know the limit of your client. Do not push your client to the point were they will be in crisis.

Keep a point system for how many times they have to ask you to stop.

Help them say things to you such as “You shouldn't do that”

This not only lets them be the boss for a bit but were they might get frustrated it can work on coping skills.

You Plan

Use a map for this

1. Grab map
2. Grab paper
3. Write down how many miles they have each week
4. Write down places you have went in the past and how many miles
5. Have them plan their perfect shift
6. Let them pick the areas and then map how many miles it will take

You can do this to have them to set a shift that they would like to do assuming all the activities fir the treatment goals or to explain why you can't do certain activities.

Step By Step

Remember the writing project of “How do you make a PBJ?” Well this is a great tool for kids who need to visualize things as you can help them understand each step. Below I have given some of the steps in doing this that can be helpful of making a list with each step.

1. Take a slice of bread
2. Open the jar of peanut butter by twisting the lid counter clockwise
3. Pick up a knife by the handle
4. Insert the knife into the jar of peanut butter
5. Withdraw the knife from the jar of peanut butter and run it across the slice of bread
6. Take a second slice of bread
7. Repeat steps 2-5 with the second slice of bread and the jar of jelly.
8. Press the two slices of bread together such that the peanut butter and jelly meet
9. Put bread, jelly, peanut butter away
10. Clean dishes and silverware

What if it is the opposite though? Maybe they overthink things and get overwhelmed then you can just write steps like this.

1. Get bread
2. Get Peanut butter
3. Get Jelly
4. Make sandwich
5. Put stuff away
6. Clean dishes

The point of this is to change the thought of “Overthinking or Under-thinking” how many steps there are in completing a task.



Physical Activity



1. Hide and seek
2. Basketball
3. Kick it
4. Football
5. Baseball
6. YMCA

Hide and Seek

Set limits for how long you have to hide (Only to be done at home-Eyes on at all time).

Start with Two minutes

I. One minute

II. 40

III. 30

IV. 20

V. 10

VI. 5

VII. 2

Each set time is the amount they have to hide and by doing this you are helping them with transitions. You can also do this in a place were they or you can move from place to place it makes it harder.

Basketball One on one!

If you are a really good basketball player and still want to play but challenge yourself as well you can add in the following rules. If they are a really good player and you are not you can apply the rules to them.

1. You can only take a certain amount of shots
2. You can only block a few amount of shots
3. You can only block a few amount of shots
4. You have to give a certain amount of space
5. You can only take one type of shot (Layups, free throw, three point shot)

Around the World

1. At the start of the game, mark six locations around the basketball court. Typically, the first location is at the baseline and the locations move outward and around the key.
2. The goal is to make baskets at each location.
3. Players advance to the next location after they make a shot.
4. The first player to make it all the way around the key--and thereby all the way around the "world"--wins.
5. You can add in second chances (If you take a second chance and miss you start from the beginning)

Horse/Pig

1. Players line up.
2. The first player announces what shot he is going to make and takes his shot.
3. If he makes the basket, the next player must make the same shot.

4. If the second player misses, he gets an “H,” and it is the next player’s turn to announce a shot and try to make it.
5. Each time a player fails to make a shot that his predecessor made, he gets another letter until someone has spelled “horse.”
6. At that point the player is out. The other players continue play until only one player is left.

Chess Basketball

1. Use the same game steps as chess

Queen can only go a certain amount of spaces (Set a limit of hominy steps you can take while being the queen 6,10, etc)

Rook: Same as queen but limit amount of spaces

Bishop: Can only move diagonally

Knight: You must go two squares horizontally and one square vertically (Best on layups)

King: Two Steps (So its better then the pawn)

Pawn: Only one Step

You get points by making the shots following the move or using different moves to equal a made shot.

Win and Lose

You win by: Having a lower score of moved times

You lose: By needing more moves to win the game

Once you make a shot you must give the other person the ball. There are no restrictions for missed shots.

Kick it

1. Set two separate places
 2. Have a line dividing you (Middle point)
 3. Make sure there is a large amount of distance
 4. Use a soccer ball/Kickball
 5. One person kicks the ball to the other person
 6. If the other person catches the ball they get a point
 7. If they drop the ball they lose a point

Make sure there is a set limit of points you will go for!

You win by reaching the score first. You can also mix it up and add rules such you can only drop a certain amount of balls before you lose.

Football Builder: By doing this you can work on sportsmanship

No Talking or only one person can talk

Swearing gets yards

Only 2 first Downs

Two Hand touch

One All time Quarterback

Kick-offs

Mercy Rule

The game of 500

1. The thrower then throws the football and at the same time yells out a number (25, 100, 30...).
2. This is the point value of the throw and all the players try to catch the ball.
3. The player that catches the ball gets the points and is the new thrower.
4. Players can not go over the set winning number or they go bankrupt and have to start again.
5. The thrower can also call out "Bankrupt" as he throws the ball and anyone who catches it loses all their points.
6. Add in things such as behind the back, seal - ball has to be caught with the palms only, freeze - players have to freeze and catch the ball where they are standing. If the ball is caught differently then what the thrower calls out the catcher loses all their points.

Baseball

Adding in rules can be very helpful and make the game go smoother, here are some suggestions!

- I. Baseball
- II. No talking
- III. Automatic double
- IV. No swearing/good sportsmanship. If you do runner advances a base
- V. Mercy Rule in innings
- VI. Pitcher has to finish at bat
- VII. One Redo
- VIII. No throwing the bat
- IX. Automatic Home runs

You can also count these for points at the end as 1/2 a run and use them as opportunity points that can help the team get more points.

Other games!

Home run Derby

Catch

Recreation/YMCA games

Use the sauna and learn to relax

Racquetball who can get the most hits against the wall (You can use racquetball for setting goals like how many can you hit or just on working on compromising such as you hit one then I hit one!

Basketball (More games discussed later)

Indoor pool basketball (If they have a hoop in the pool)

Spud- Tag with the ball (throwing if they catch it you are it)

Walking Laps on track

Enroll in activities

Check there activities section (There are a lot of things such a triathlon which can be great for skill building and goal setting.)

Twenty-Six (26)

This game is just like horse except you want to get to 26 points before you get 26 Letters! It is a much Longer version of Horse! The rules are mostly the same except that For each shot you get you make you get a number and for each shot shot you miss you get a letter. In this aspect it is simple you make more then you miss.

Example: You get 26 Makes (Numbers) before you get 26 Misses (Letters) then you win if you get the letters first you lose.

Harder Version

The same as above except during this aspect you set a certain word such as the word “Washington or Exceptionally” play the game just like above except for the fact that if you get every letter of the word you choose then you lose. You still go to 26 though



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Who am I? What is this?



Picture credit to google images.

1. Brand Me
2. What do I absorb?

What makes a Brand?

What makes one better than the other?

- Understand the benefits of a positive ‘brand’ and how to protect their image
- Understand the stereotypes associated with brands
- Identify the importance of healthy decisions
- Know the risk associated with making unhealthy choices

Have you ever thought about how many different headphones there are? Why are some better than others? For this activity; simply go to the store as a pre-prep and ask the youth “What is the difference between things like:

Nike vs. Crocs.

Drinks: Pepsi vs. Starbucks.

Music: MTV vs. iTunes.

Clothing: Target vs. Hollister.

Tech: Apple vs. Microsoft

As a thought think about what you feel and say things such as when I say “_____” brand, what do you think of?

Can you explain what the company is about?

What is the brand known for?

Who would be interested in them? Is it everyone?

Once you have done this think about what your brand is and explain a bit about it. After you have done this show them things and help them understand what their brand is.

To help think about these individuals “Brand”

Taylor Swift

Kanye West

Barak Obama

Kim Kardashian

Ask the Question: What do you know about these people? What sets them apart?

Question: How do these individuals define their BRAND?

To help aid you in the process ask this “What do I do that adds remarkable, measurable, distinguished, distinctive value to things? What do I do that I am most proud of?”

Think about how things change a brand and ask the question “What do you think is the importance of your brand? What do you want people to think about you? Does it matter? Ask about a GOOD DECISION or GOOD BEHAVIOR and how it may affect how people think about them.

Just for some things that might make a brand

1. Active, Adventurous, Affectionate
2. Alert, Ambitious, Animated, Anxious

What do I absorb?

Sometimes you have to guess and make a judgement call. Sometimes things are exactly what they seem and other times they are not what they seem at all. In this activity we will explore both.

While in a store or at home look at things and try to guess the following.

Guess the number in the package

How many are in the package

How many calories

What ingredient do you think is in there

What one would you be surprised

What company makes them?

After you have done this think about what you thought “Were you right? Were you wrong?”

Pillow Talk! The art of Quotes.

Pillow All the Positives

- Write down all the positives that the individual has on the pillow.
- After you have done this, put a pillow case over it and some place in the room write a note reminding the client that overnight they are sleeping on their positives

Notebook full of change

Thought: A great source of change can be in creating a book or an idea. When I was younger I had a Journal full of random thoughts and ideas and it was one of the best outlets I ever had. Imagine a notebook with just thoughts of change? Now think of ideas and visualization and constantly reminding of "What you want?" Purpose: This helps in engaging the client in positive self talk and thoughts about themselves. In my time working in a group home I learned that "Quotes" are everywhere and very helpful and healthy outlets on life. I can remember rooms filled with relatable quotes and some even wrote on wrists. Quotes can be a beacon of hope and change and a sense of outsourcing pain. Think of art, writing music they are all sources of getting it out.

Picture credit to google



Picture Perfect!

Visualization is key to life. One way to show what you want is to make it known what you want. Sometimes you have to see what you want in order to get it; Some people need to see the grade of an A to know they got it, some need to know they have the money before they give it to others and that's why we make contracts (A guarantee almost that they will be getting what they want.)

How can we teach youth to do this? Remember the "Quotes"? This is the same idea that by making pictures of what you want can be a key in making change and so you can make a picture frame with a collage of "What you want" Say you have a client who really wants a drivers license or permit or even a new toy "Seeing is believing and can be motivated by seeing the idea."

1. Use the frame and print or cut out pictures of things that they want.

A second Example: If the client wants a great relationship with the family then maybe you print out a picture of a loving family or maybe they want a job. In the end it may look like the one below.



Money Over Nothing!

Whether you believe money can or cannot buy happiness; an interesting thought is “What would I do if I could change it all?” What wouldn't I change? What is my most useful asset? Below the activity is designed to help youth and individuals to understand “Who they are and that money cannot buy happiness.”

You are given \$5,000 dollars

What wouldn't you change?

Which Part do you like the most?

Write about what you would spend the most money on improving on the list below.

Face

Body

Heart

Eyes

Size

Smile

Funny

Happy

Angry

Emotions

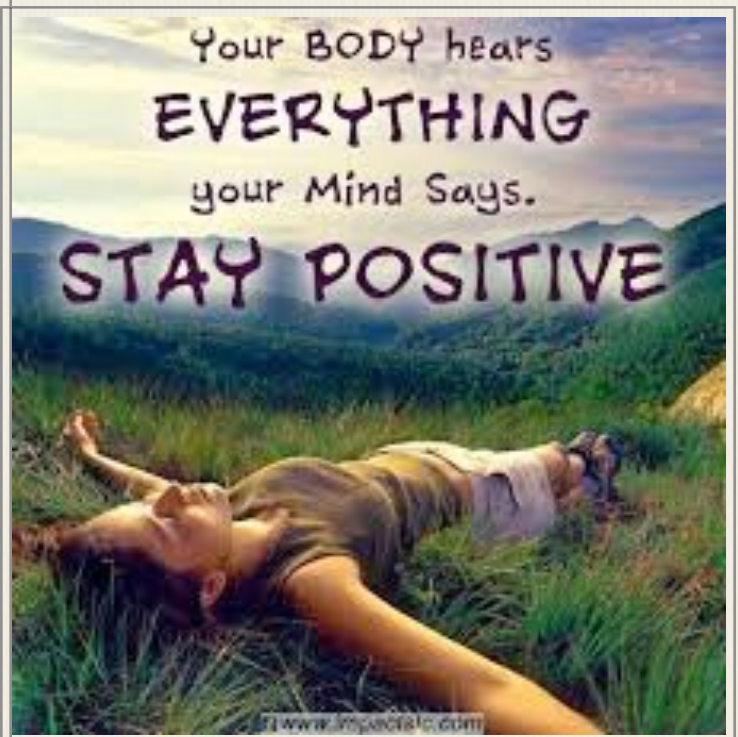
Cute

Nice

Helpful

Think of other things that you would build with your dream self.

At the end of this ask about “Which one os most important to you?” Is there anything you can do to change that aspect?”What things cant be changed? What positives do I have that make me different?



Picture credit to Google image

Magic, Movies and Music!

Think about things that describe your life.....

A movie to describe the best time in your life.....

A movie to describe the worst time in your life.....

A movie to describe your life right now.....

A song to describe the best time in your life...

A song to describe the worst time in your life.....

A song to describe your life right now.....

Who is someone who you could see Narrating your life right now? What does your favorite say about you? Think back to branding..



Credit to goole image



To Help you



Image credited to Google image.

Summary

- I. End of the day review?
- II. How will we know if it is working?
- III. Burnout
- IV. Stress Management

BAM!

Before After and In the middle. Google Drive or on the Flash!

Working with youth can be hard! Very hard! Ending can be the hardest and most difficult time. Now a key to this is to remember the guidelines of your organizations. You must know the companies guidelines for out of work communication, many of which says no communication and no communication after ending services. So often we move on and have little memories of people who have had a huge impact on our life. Many of us don't make enough money to buy and print pictures to make a photo album. So what do you do? You can take a picture and then print it off but its not the same. There are three different aspects of this.

1. To help with the transition process and to keep track of ideas, pictures or even writings you both do this can be a perfect place to place memories. You can both have access to the drive if needed.
2. Another positive to this is many companies do allow you to keep in contact with your client once you leave and even encourage it and so this can be a great way to share pictures or new ideas with the individual you work with (Check with your agency on this as some do not). On top of this make sure you are not sharing information or super personal information or photos but you can share photos such as going to a Red Sox game or the Grand Canyon.
3. The third positive of this is to upload next shift ideas- wether it is them who upload the ideas or you it is all about creating independence. (A huge reminder is to not have any identifying information.) ‘

The Safer aspect is to have flash drives.

My guide; Day in Review.

My Guide! (For the Worker to fill out)

End of the day review

What could I have done better? _____

What would you like to see next shift? _____

How was today's activity on a scale from 1-10?

1st Activity



2nd Activity



3rd Activity



4th Activity



One thing I took from today is? _____

What I will tell others we did? _____

My guide; Day in Review. (Page 2)

What was the main skill I learned? _____

Score of the day on a scale from 1-10?



How hard was todays Activities on a scale from 1-10?



Why was it hard? _____

How could it be made easier?

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Keep these in Mind!

What will we see if this is working?

What will we do if this is working?

What will we see if this is not working?

What will we do if this is not working?

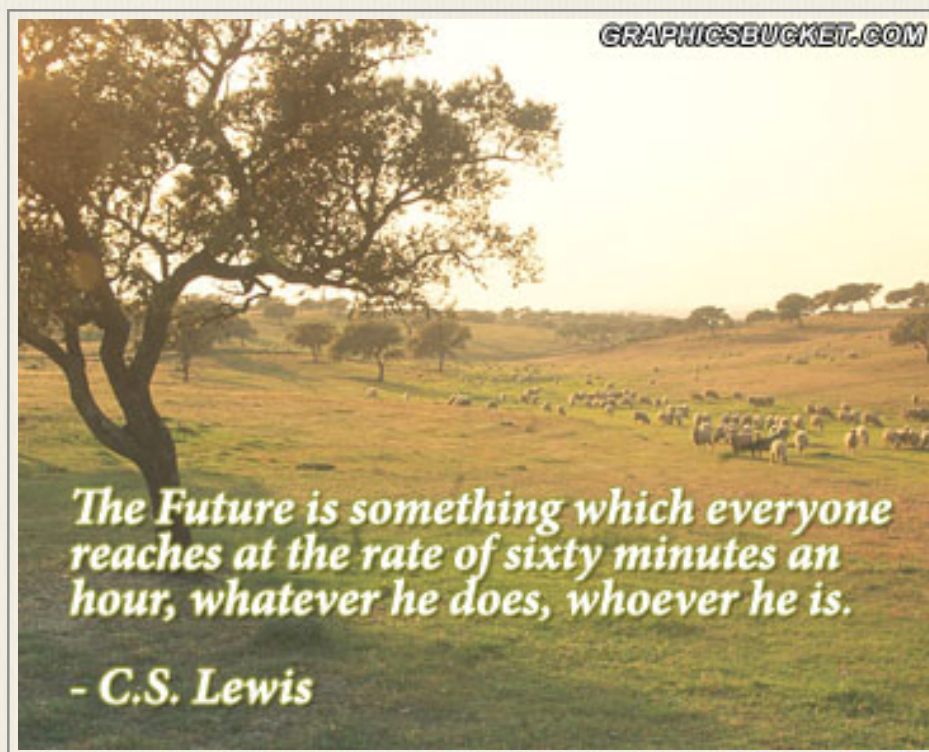
Stress Management for Youth!

One step at a time! Know your client before you try this! Our goal is to help individuals build coping skills! Whether it's your own kid or a kid you work with we as individuals should always be helping youth learn how to deal with stress or becoming overwhelmed. The other aspect of change to this is the core of the helping profession "Starting ending and time management" and expecting the unexpected. This activity will help you with all three!

Clock Starters

One way to build stress management and set a standard for time management is to use a timer. There are three different ways to do this.

1. Set a timer for every five minutes while doing an activity (Stress management). This is for stress management and reflection of what is happening during the activity. Continue doing the activity until your set time limit is over.
 2. Set a timer for every fifteen or thirty minutes—depending on how long the activity is for (Time Management). Knowing you are ending and beginning is key.
 3. Make sure you are letting them know when the end of the activity is.
3. Set a time limit or goal for each activity see how quick you can do it or how long it takes. Example: See if you can complete a board game such as Candy Land in less than five minutes. You can challenge yourself by lowering the time of each activity. On the flip side see if you can see how long you can make an activity last; this can be a key in being patient and understanding what activities need to be done quick or which ones need to be done sooner.



Burnout.

What is burnout? Many people define burnout as many things but put simple it is as follows: “Burnout is the physical or mental collapse or decrease in life satisfaction caused by overwork or stress.”

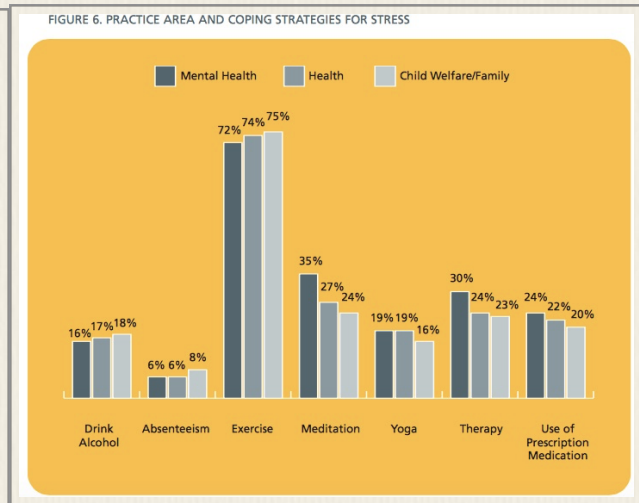
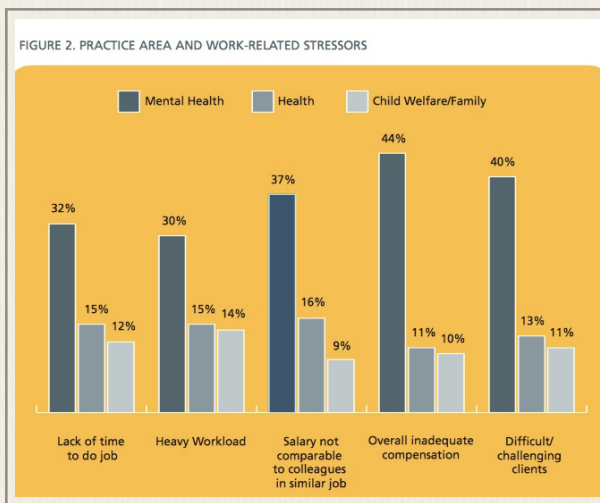
- Have you become cynical or critical at work?
- Do you drag yourself to work and have trouble getting started once you arrive?
- Have you become irritable or impatient with co-workers, customers or clients?
- Do you lack the energy to be consistently productive?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your job?
- Are you using food, drugs or alcohol to feel better or to simply not feel?
- Have your sleep habits or appetite changed?
- Are you troubled by unexplained headaches, backaches or other physical complaints?

If you answered yes to any of these you are either beginning to experience burnout or are burnout.

So I am sure you are wondering “How can I prevent burnout?” The simple answer is all about finding coping skills. First of all if you begin experiencing burnout you need to speak to your supervisor right away. On the second page I have listed some possible ways to prevent burnout.

Some Stress Management

1. Have as much supervision as you need! No supervisor is going to say “Can you stop coming to me with questions or concerns.”
2. Exercise: The thought of exercising after work may seem overwhelming, but exercise is one of the most effective stress relief strategies. Besides improving your fitness level and stamina, exercise has the added benefit of releasing feel-good endorphins. If vigorous exercise is not your thing, enroll in a relaxing yoga class or go for a walk. Examples: Yoga, Meditation, Running, Biking, Walking.
3. Spend time with pets. The unconditional devotion of animals can help put a bad day in perspective. People who have stressful jobs often find that spending time relaxing with a pets is a great way to unwind.
4. Cook a healthy meal. Instead of opting for fast food or something frozen, take a little extra time to prepare a simple meal using fresh ingredients. Enjoy the cooking process and relish the sight and taste of your meal.
5. Explore your creativity. Art therapy is frequently used in hospitals and clinics to promote emotional and mental well-being. Purchase some inexpensive art or craft supplies and enjoy a little creative self-expression. Example: Write, draw, etc.
6. Get a good night's sleep. Never underestimate the power of sleep. You'll be better prepared for the next day if you're thoroughly rested. Even if work is piled up at home, relax in a hot bath or shower and then hit the sheets early.
7. Don't sweat the small stuff. You can avoid some stress by controlling your focus. Instead of trying to do everything perfectly, take the long view and save your energy for the things that really matter. Recognize that the pressures of your job can be enormous and learn to identify what you can and can't control. When faced with insurmountable challenges, look for ways to get around them instead of trying to blast your way through.



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