

# Exploring

# SENSATIONS



## Help Now! Strategies

We are going to learn easy actions that can be practiced quickly in the event that we get bumped off from our **OK ZONE** to either the **LOW OR HIGH ZONE**. These actions help our mind and body to return to the **PRESENT MOMENT**.

These Strategies help regulate our bodies through our nervous system to get back to the **OK ZONE**.

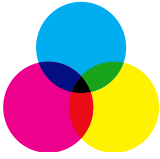














1 Below is a list of a few Help Now! Strategies.

Don't forget to **notice what sensation you are feeling** on the inside while trying each of them out. E.g. warm or fluttery etc 2

3 Are these sensations **pleasant, unpleasant** or **neutral**?

Can you mark where they reside in your body? 4

<p><b>HELP NOW! STRATEGY</b></p>	<p><b>WHAT SENSATIONS DO YOU NOTICE IN YOUR BODY?</b></p>	<p><b>ARE THE SENSATIONS PLEASANT, UNPLEASANT OR NEUTRAL?</b></p>	<p><b>MARK WHERE THEY RESIDE IN YOUR BODY</b></p>
 <p>Name 6 colours you see.</p>			
<p>Count backwards from 10.</p> <p>10 9 8 7 6...</p>			
 <p>Notice 3 sounds inside the room &amp; 3 outside the room.</p>			
<p>Put your palms together and rub until warm.</p> 			
 <p>Slowly drink a glass of water. Feel it in your mouth and throat.</p>			
<p>Push against a wall with your hands or your back and notice any feelings in your muscles.</p> 			
 <p>Touch a piece of furniture or a surface near you. Notice its temperature and structure</p>			



### Meaning Making

1 Each member of the family must come up with 1 new **Help Now!** strategy

3 Don't forget to fill out the table, like before for each new strategy!



Now try each one out. 

Which one worked the best for you? 



### Expression of Culmination



☆ At the end of the week create a **'WORD LOG'** – a list of different words used by every family member to describe sensations.