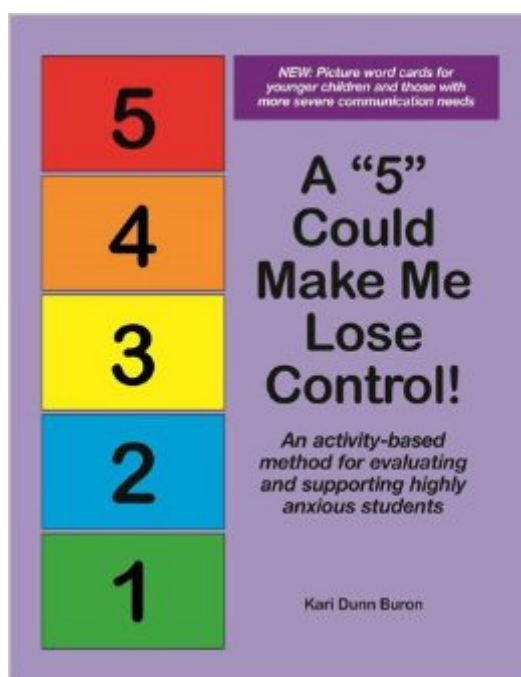


The book was found

# A "5" Could Make Me Lose Control! An Activity-based Method For Evaluating And Supporting Highly Anxious Students



## Synopsis

This hands-on activity helps students who are highly anxious cope with their stress by classifying social and emotional information and analyzing how best to act. Using this interactive process, the student places cards that list highly stressful situations into colorful pockets designating stress levels, ranging from 5-1, as the first step in changing the way he thinks about and responds to emotions such as anxiety, sadness and anger. Picture word cards make the activity suitable for students with communication challenges. The kit also includes suggestions for how to include the process as a part of an effective behavior assessment and a problem-solving activity.

## Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (31 customer reviews)

Best Sellers Rank: #29,238 in Books (See Top 100 in Books) #12 in [Books > Education & Teaching > Schools & Teaching > Special Education > Behavioral Disorders](#) #33 in [Books > Textbooks > Education > Special Education](#) #54 in [Books > Education & Teaching > Schools & Teaching > Education Theory > Assessment](#)

## Customer Reviews

As a school psychologist working with children with all types of social skills concerns, this book is a must. The children do not have to put things into words as they just put the item in the pocket they feel it belongs. The items are very short and can be read to the children, as well. It is so visual and concrete that a child can express what bothers him without the stress of trying to put it in words is no longer there to bother him. Students seem to really like it. I have had a couple ask to play that control game again. This was definitely worth the money.

Being the grandmother of an autistic boy and also a special education paraeducator, this item is a MUST HAVE! It is very hands on and a great visual tool. It can be used in so many different situations. You will not be disappointed.

This book is a great visual tool for students on the autism spectrum. It uses colors and numbers to help children understand their own emotions and begin to self regulate. I highly recommend it to parents and teachers.

When we implemented this program into my sons daily function at school his behaviors went from daily to nearly non existant. He is high functioning autism but for the past 6 weeks has ran away from school 3 times, had severe meltdowns in the classroom which included turning over desks and chairs, and has also kicked and hit teachers when he felt threatened. Our school system is not as educated as many on the subject of autism and did handle many situation very wrong to provoke the behaviors but once we implemented this program and the teachers and my son learned how to use it functionally, he made great progress! We are now working hard to implement this program into our home in hopes that he will be nicer to his brother. -Crys from AL [...]

Absolutely love this...gives a lot of insight into the struggles a child goes through on a daily basis which lets you anticipate when the child is likely to meltdown. Only downfall is that the pictures and wording on the folder versus the paper to write on, vary slightly. My daughter immediately picked up on this difference and said that changes like that make her feel anxious. She then refused to write down any more answers and wanted to be done with the whole thing. With encouragement and me writing down the rest, we did eventually finish it. I however did not even notice the pictures and labels were different. I wrote the publisher who was extremely responsive. He was going to talk to the author about these differences.

An excellent teaching tool for my Autistic students. I was a way to get non-verbal and students with limited language skills to express and understand what makes them lose control. I used it frequently in my classroom. I preceded this lesson by reading: *When My Worries Get Too Big!* by Kari Dunn Buron.

This resource has been amazing! I have used it with clients age 9-16 both with and without ASD traits. And to think I bought it on a whim. What I really like is that it can be used to open up conversations about what really bothers the child, things that may not occur to most people who are asking direct questions. The card sort includes items like, washing my hair, someone's breath, being bumped from behind, and the universal trigger -riding on the school bus! Thanks for creating this

tool for clinicians, intervention specialists, counselors and parents alike. Lynette K Counselor Trainee

Great for kids of special needs to help recognize when they are about to have a meltdown and also helps the parents recognizing certain triggers to help try and prevent a meltdown overload or shutdown

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