

- CBT Chat Forms
- Review Coping Cards - alone or w/ staff.
- Make new coping cards with staff help.
- Color in outline of body → use red crayon.
- Encourage relaxation - laying on bed in room.
- Reduce peer interactions → protect her space.

• CBT chat form

- Coloring
- Make bracelets
- Make up funny songs
- Music
- Peer support interaction.

- Smiling
- Laughing at talking to others
- Good eye contact
- Nice boundaries - respect others space

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- Or feels moving around w/ peers
- Irritable w/ peers
- Starts fidgeting w/ hair (35)

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- Messy & disheveled ponytail
- Arms start swinging (60)
- Sensitizing - picking skin.
- May isolate - allowed

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- Yelling - Name
- Pacing a trail over and over.
- Picks up objects → *will throw or

100

- Aggressive to staff/peers
- Head Banging

- If she wants to isolate → encourage time-away with line of site
- Sitting down on cool bathroom tile
- Offer cool water to distract & ground
- Offer Ice cubes
- Hold her own wrists & deep breath.

* (not in room)

- Cushion head pain
- Star Patten