



# TEACHING LIKE LUCY:

## TAKING ADVANTAGE OF THE FIVE\_MINUTE INTERVENTION OPPORTUNITY

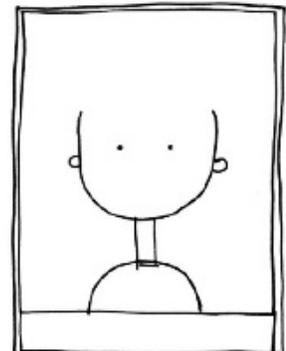
{with Lisa Van Gemert & Patti Bear, LPC}

### SENSORY IDEAS

- Rice bin. Find directions for coloring rice at [bit.ly/rice-bin](http://bit.ly/rice-bin). You may wish to use essential oils to cover vinegar smell. You can also use hand sanitizer in place of vinegar.
- Music moment. Listen to a fave song. Have a calming playlist. Start with the mood the person is in, then adjust. Make a compilation of clips of songs to go through several quickly.
- Affirmation stones. Touch and read affirmation stones \*note, this is also focus-based. Directions for how to create them at [bit.ly/aff-stones](http://bit.ly/aff-stones).
- Water beads (also called gel beads; find them on Amazon or in floral section of JoAnn's or Michaels).
- Make some worry stones. Find sample directions at [bit.ly/worry-stones](http://bit.ly/worry-stones).
- Kaleidoscope
- Theraputty. It's made by Cando® and can be found on Amazon.
- Moment with life: plants or pets. If you'd like to give bonsai a try, there's great information at [bonsaiempire.com/basics](http://bonsaiempire.com/basics). Find info on school therapy dogs at [schooltherapydogs.org](http://schooltherapydogs.org).
- Crazy Aaron's Thinking Putty. Find info and ideas at [puttyworld.com](http://puttyworld.com). I order it from Amazon. Are you seeing a theme here???
- Calming Playdough: Directions to make at <http://bit.ly/calming-dough>.
- Pet something. Fave puppets from [folkmanis.com](http://folkmanis.com).

### CONCENTRATION/FOCUS BASED

- Shake the calming jar & watch it settle. Find directions at [bit.ly/calming-jar](http://bit.ly/calming-jar).
- Labyrinth. Get two sets of free printable finger labyrinths I put together at [bit.ly/labyrinth-1](http://bit.ly/labyrinth-1) and [bit.ly/labyrinth-2](http://bit.ly/labyrinth-2).
- Flip through posters or quotes. Find free downloadable posters at [bit.ly/print-posters](http://bit.ly/print-posters).
- Draw your feelings portrait. Download the picture to the right at [bit.ly/feelings-portrait](http://bit.ly/feelings-portrait) or print out the last page of the handout.
- Journal
- Origami. Find great directions at [bit.ly/kids-origami](http://bit.ly/kids-origami).



## IMAGINATION

- Art moment. Let them create it. Find 100 ideas for using art in therapy at [bit.ly/100-art-therapy](http://bit.ly/100-art-therapy)
- Art moment. Share great using books or prints. Find ideas for books at [bit.ly/gg-art](http://bit.ly/gg-art).
- Change one thing: If you could change one thing in your life right now, what would it be?
- Guided imagery. Find ideas at [kidsrelaxation.com](http://kidsrelaxation.com).
- Mindfulness. Find an extensive list of mindfulness exercises for kids in a free printout here <http://bit.ly/bear-mindfulness>.
- Body scan. Use the Calm app (for Android and iPhone) or online at [calm.com](http://calm.com).

## BODY BASED

- Bubbles. Blow troubles away. Key: it makes you exhale!

Recipe for awesome bubbles:

1 cup warm water

2 tablespoons original (not Ultra) Dawn dishwashing liquid (just trust me)

1 tablespoon glycerin (you can get this in the pharmacy section of stores)

1 teaspoon white sugar (or corn syrup)

- Gross motor exercise. Try: yoga, a few jumping jacks, dance, or role fitness dice.
- Go outside.

## WORD/TALK BASED

- Play with the emotion cards [bit.ly/emotion-cards](http://bit.ly/emotion-cards).
- Fill in anger map Print it out at [bit.ly/anger-map](http://bit.ly/anger-map).
- Thumball (empathy). Available at (where else?) Amazon.
- Check in [bit.ly/student-checkin](http://bit.ly/student-checkin).

## COUNSELOR BASED

- Share genuine praise or affirmation. Suggestions include:
  - I am so happy to be your counselor/teacher/to know you.
  - I will listen without judgment.
  - I don't pretend to understand, but I care.
  - I believe in you.
  - I believe in your strength to make it through this.
  - I have faith in the end of your story.
  - Don't give up - a lot of people care about you.
  - Those who care are quieter than those who don't, so make sure you're listening to right voices, not just the loudest.
  - I know how hard you're trying.
  - It gets easier, I promise.

Your name \_\_\_\_\_

# Anger Map

What kind of face do you have when you are angry? ▼

What things do you say? ▼

How do you behave when you're angry? ▼

What happens to your body when you're angry? ▼

Other ways of handling my anger ▼

What could your anger help you to achieve? ▼

Have you learnt anything about your anger? ▼

What helps when you're angry? ▼

- You have really developed your talent in \_\_\_\_\_.
- I'm proud of the way you \_\_\_\_\_.
- Thank you for bringing your whole self to school today.
- The school is better when you're here.
- Share a book.
- Create a Little Free Library for your campus or office. Get info at [littlefreelibrary.org](http://littlefreelibrary.org).
- Give appropriate touch.
- Share a snack.
- Make an introduction.
- Write a note.
- Go to Australia! Give an Australia flag. Get ideas at [bit.ly/aussie-day](http://bit.ly/aussie-day).
- Calm out your office with a small fountain, an essential oils diffuser, a small Zen garden, a white noise machine or a bubble machine.



We hope you like these ideas. Five minutes can be enough time to calm a mind, strengthen a relationship or deepen understanding. It can give a much-needed break for youth and adults alike.

Visit [giftedguru.com/emotional-health](http://giftedguru.com/emotional-health) for more ideas and resources.

Note: These ideas are brief interventions and are not a substitute for therapeutic counseling.

## Let's Connect!



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