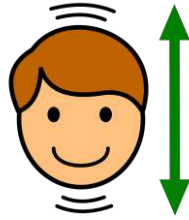


Communication Cards

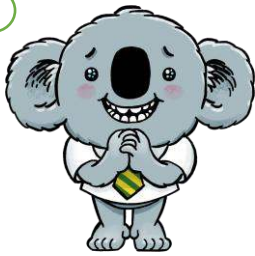
My
Communication



Yes



No



Please



Thank You



Can I go to
the bathroom?



I don't know



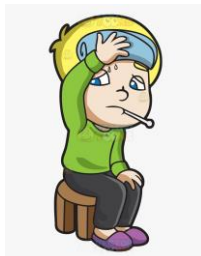
I am cold



I am warm



I need to wash my
hands



I don't feel well



I need quiet



I need help



I am hungry



I am thirsty



I want to play



Can we be partners?



I want to go home



I have finished my



I have hurt myself



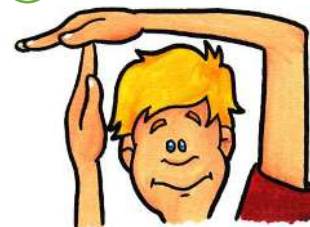
Can we be friends?



I am tired



I am sad



I need a break



I am happy



I am angry



Can you check my work?



Can I have a

Relaxation Techniques

Paced Breathing

Place one hand on your chest and your other hand on your belly. Take a slow, deep breath while mentally counting to 4. Imagine your belly filling up with air as you inhale. Notice the hand on your belly moving as your belly fills up with air. Then, exhale to a count of 4. Again, notice the movement of your belly. Continue to do this for several minutes. This exercise helps maintain proper blood-gas balance (oxygen/carbon dioxide) by providing you with a steady rhythm for your breathing. With practice, this is a wonderful relaxation exercise.

Progressive Muscle Relaxation

In this technique, you tighten one muscle group at a time (for 5-10 seconds), then allow the muscle to relax. Notice the difference in how the muscle feel when tense versus when they are relaxed.

- Tighten your hands into fists. Then, let them relax.
- Tighten your upper arms. Then, relax.
- Raise your shoulders up towards your ears and tighten the shoulders. Then, relax.
- Tighten your abdomen, as though doing a sit up. Then, relax.
- Tighten the muscles in your buttocks. Then, relax.
- Tighten the muscles in your upper legs. Then, relax.
- Tighten the muscles in your lower legs. Then, relax.
- Curl your toes so you can feel tension in your feet. Then, relax.

Imagery

Close your eyes, take a deep breath, and imagine yourself on a beautiful beach. Notice the warmth of the sun shining down. Listen to the sounds of the waves as they come in...and go out. Notice how your breathing is in sync in with the waves. Feel the fresh air as it enters your lungs. Look at the feathery clouds that float by...continue focusing on whatever imagery you enjoy.

Gregory Markway, Ph.D. has created a compact disc to guide you in learning relaxation techniques. The CD includes:

- Introduction to relaxation techniques
- Progressive muscle relaxation
- Imagery
- Passive relaxation
- Use of relaxation for specific performance anxieties – public speaking, sports, musical performance, etc.

Talking Tin/ Voice Recorder



Toy of the Pupil's Choice





Mystery Motivator

