



# Cope with Stress and Anxiety

## Autism & ABA Therapy Social Skills

For more interactive activity, games and resources visit <https://www.autistichub.com/>

### Activity Title:

"Relaxation Journey: Easing Stress and Anxiety"

### Objective:

To teach the child with autism effective techniques to cope with stress and anxiety and to help them recognize and address these feelings.

### Materials Needed:

- Relaxation Storybook: A simple storybook that includes calming imagery and narratives (e.g., a journey through a peaceful forest).
- Calming Sensory Tools: Items such as a weighted blanket, soft music, dim lighting, or a scented diffuser.
- Relaxation Technique Cards: Cards with illustrations and instructions for simple relaxation techniques (e.g., deep breathing, muscle relaxation).

### Activity Setup:

Select a Comfortable and Quiet Space:

- Choose a space where the child feels safe and relaxed, free from loud noises and distractions.

Prepare Relaxation Tools and Technique Cards:

- Have the storybook and sensory tools ready for use.
- Create or select cards with easy-to-follow relaxation techniques.

## **Activity Steps with Example:**

Introducing the Concept of Relaxation:

- Explain relaxation in simple terms: "Sometimes we feel worried or nervous. Relaxation helps us feel better. Let's try some ways to relax."

Reading the Relaxation Storybook:

- Read a calming story to the child. Choose a narrative that includes soothing scenarios.
- Example: A story about a peaceful walk in a quiet forest.

Engaging with Sensory Tools:

- Introduce sensory tools to the child, allowing them to choose what they find most calming.
- Example: Offer a weighted blanket or play some soft music.

Practicing Relaxation Techniques:

- Use the Relaxation Technique Cards to guide the child through a simple technique.
- Example Technique: Deep breathing – "Let's take deep breaths together. Breathe in slowly, then breathe out."

Discussion and Reflection:

- After completing the techniques, discuss how the child feels.
- Ask, "How do you feel now? Do you like any of these relaxation activities?"

## **Skills Targeted:**

- Recognizing Stress and Anxiety: Identifying personal signs of feeling stressed or anxious.
- Using Sensory Tools: Finding comfort in sensory items to help soothe stress.
- Practicing Relaxation Techniques: Learning and applying techniques to relax the body and mind.
- Verbalizing Feelings: Encouraging the child to express how they feel before and after relaxation.

## **Tips:**

- Tailor the activity to the child's sensory preferences and interests.

- Keep the environment calm and ensure the child feels secure throughout the activity.
- Use positive reinforcement to encourage participation and validate the child's feelings.
- Be patient and allow the child to explore and find what works best for them.