

About This Book

This volume is a collaboration between Luci Gardner, the mother of a child with Asperger Syndrome, and Amy V. Jaffe, a clinical social worker with broad experience in the autism field, who began working together in an effort to help Luci's son, both at school and at home. Before undertaking this joint effort, Amy had been working with a 10-year-old girl with multiple problems in controlling her behavior. Amy found that a technique originated by Carol Gray, a pioneer in the use of Social Stories™ as a teaching tool, seemed to help the child. Amy's experience with the Gray materials seemed to suggest that some visual aids such as color coding various feelings would be helpful. She experimented on her own and received good responses from both children and parents. The contributions that Luci was able to make subsequent to Amy's ideas – by bringing graphic design expertise to the project, as well as her direct knowledge of child and family needs – has resulted in an interactive teaching tool for parents and teachers to use with children.

Acknowledgments

We would like to thank Zenith Gross for her expert editing, as well as her unfailing support for this project and our vision.

We would like to give a special thanks to Brenda Myles for her enthusiastic encouragement to follow through on our ideas.

We dedicate this book to the children who are a never-ending source of amazement and who challenge us to use our creativity.

– Amy Jaffe and Luci Gardner

How This Book Is Structured

This book is designed as a teaching tool for parents, teachers and others to use when working directly with a child. The goal is eventually to enable the child to internalize the lessons taught about feelings and use the book independently to check his or her responses.

Form & Function of Each Two-Page Spread:

Little-to-Big Pyramid

Color-Coded Emotion

Cartoon Face Reminder

How SAD? am I?

LITTLE
MEDIUM
BIG

THINGS THAT MAKE ME FEEL SAD . . .

1. Misplaced my toy.
2. My friends can't play with me.
3. *Write in child's unique triggers*
4. _____
5. Mom's not home and I want her.
6. Being punished.
7. _____
8. _____
9. I scrap my knee or get hurt.
10. Best friend moves away.
11. _____
12. _____

Small, Medium & Big Emotional Triggers with Color-Coded Intensity Level

SAD

I feel SAD, what should I do?

WHEN I AM SAD I CAN TAKE 3 SLOW, DEEP BREATHS AND . . .

1. Try to find my missing toy.
2. Read my favorite story book.
3. *Write in corresponding response*
4. _____
5. Ask someone else to help me.
6. Give myself a strong hug. SAY, "It's okay I made a mistake. I'll try to do better next time."
7. _____
8. _____
9. Take three deep breaths, ask for help.
10. Write a letter to my friend.
11. _____
12. _____

Corresponding Appropriate Responses with Color-Coded Intensity Level

Some Key Points:

CUES – Colors identify each emotion – blue for sad, red for angry, and so on. **Cartoon Faces** identify the sad, angry, calm, happy feelings, and the **Little-to-Big Pyramid** reflects the levels of emotional intensity.

THREE SIMPLE WORDS – Little, Medium and Big – are used to demonstrate different levels of feeling, and these levels are **color-coded** with lighter to darker colors to match the appropriate intensity of feeling in given situations.

How
SAD
am I



THINGS THAT MAKE ME FEEL SAD . . .

LITTLE

1. I cannot find *my* toy.

2. My friends can't play with me.

3. _____

4. _____

MEDIUM

5. Mom's not home and I want her to help me.

6. Being punished for doing something wrong.

7. _____

8. _____

BIG

9. I scrape *my* knee or get hurt.

10. My best friend moves away.

11. _____

SAD



SAD

I feel **SAD**, what should I do?

WHEN I AM **SAD**, I CAN TAKE 3 SLOW, DEEP BREATHS AND . . .

LITTLE

1. Try to find my missing toy.
2. Read my favorite story book.
3. _____
4. _____

MEDIUM

5. Ask someone else to help me.
6. Give myself a strong hug. **SAY:** "It's okay that I made a mistake. I'll try to do better next time."
7. _____
8. _____

BIG

9. Ask for help.
10. Write a letter to my friend.
11. _____
12. _____

How
ANGRY
am I



THINGS THAT MAKE ME FEEL **ANGRY** . . .

LITTLE

1. Someone cuts in front of me in the lunch line.
2. My parents are talking and I want to go to the video store.
3. _____.
4. _____.

MEDIUM

5. When things don't go the way I want.
6. When others don't do what I want.
7. _____.
8. _____.

BIG

9. Someone hits me.
10. When people don't understand me.
11. _____.
12. _____.

ANGRY



ANGRY

I feel **ANGRY**, what should I do?

WHEN I AM **ANGRY**, I CAN TAKE 3 SLOW, DEEP BREATHS AND . . .

LITTLE

1. **THINK:** It's okay. I was in front of him yesterday, or I can be in front tomorrow.
2. **THINK:** I can wait. We will go soon.
3. _____
4. _____

MEDIUM

5. **THINK:** It's okay that things are different.
ASK: "What is going to happen?"
6. **ASK:** "What would you like to do?"
7. _____
8. _____
9. Keep hands and feet quiet. Go find help from an adult.
10. **SAY** in a Medium voice: "I will try again."
11. _____
12. _____

How
CALM
am I ?



THINGS THAT MAKE ME FEEL CALM . . .

LITTLE

1. Listening to music or a story.
2. Watching a video.
3. _____
4. _____

MEDIUM

5. Lying down and resting.
6. Playing by myself.
7. _____
8. _____

BIG

9. Falling asleep.
10. Taking deep breaths.
11. _____
12. _____

CALM



CALM

I feel **CALM**, what should I do?

WHEN I AM **CALM**, I CAN . . .

LITTLE

1. Smile.
2. Make my body quiet.
3. _____
4. _____

MEDIUM

5. Make my body and voice quiet, and lower my shoulders.
6. Keep a quiet voice and have fun.
7. _____
8. _____

BIG

9. Close my eyes and be silent.
10. Breathe in slowly. Breathe out slowly.
11. _____
12. _____

How
FRUSTRATED
am I



THINGS THAT MAKE ME FEEL **FRUSTRATED** . . .

LITTLE

1. I'm told to do something I don't want to do.

2. My toy breaks.

3. _____

4. _____

MEDIUM

5. When I try something and it is hard to do.

6. When I want something and I'm told NO.

7. _____

8. _____

BIG

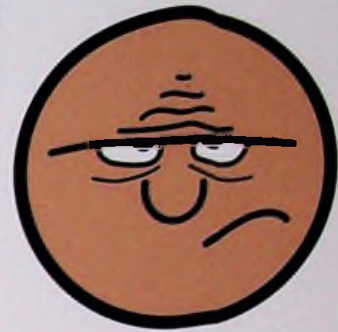
9. My toy breaks and it cannot be fixed.

10. Other kids are mean to me.

11. _____

12. _____

FRUSTRATED



FRUSTRATED

I feel **FRUSTRATED**, what should I do?

WHEN I AM **FRUSTRATED**, I CAN TAKE 3 SLOW, DEEP BREATHS AND . . .

LITTLE

1. **THINK:** I can try. I can ask for help.
2. **THINK:** Maybe it can be fixed. **ASK:** "Can you help me?"
3. _____
4. _____

MEDIUM

5. Ask for help and try again.
6. **THINK:** It's okay. **ASK:** "Can I have it another time?"
7. _____
8. _____

BIG

9. Be sad, but remind myself that I have other toys to play with.
10. Walk away or get an adult to help. **THINK:** That was not very nice.
11. _____
12. _____