

I Just Popped!

This activity presents a new way to show the reaction that our bodies have to being upset (explosive behaviors), anxious outburst (meltdowns) or overstimulated (Sensory overload). This activity also allows the clinician to incorporate coping techniques for the reactions.

Materials:

- "Pop the Pig Toy"



(Can purchase this game at any major retailer)

- Writing utensils
- Paper

Complete the Activity:

Step 1: Allow the client to choose coping skills that will be matched with a hamburger color

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Example:

Red: Take a deep breath

Green: Laugh as loud as you can

Purple: Jump up and down

Yellow: Hug yourself

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Step 2: Play 1 round of the game normally (by the rules and still practice social skills) to help the client understand the concept of the game.

Step 3: Play the second round of the game by adding the color coping techniques.

Example:

The player rolls purple on the dice and "jumps up and down" before they follow the directions on the hamburger. The next player rolls red and will "Take a deep breath" before they follow the directions on the hamburger.

Step 4: The clinician will take time to express how this game provides an example of our behaviors. Reinforce the importance of using the coping skills to help reduce stress.

End of Activity options:

- Encourage the client to practice the coping techniques in a creative way at home. Have the client bring examples of how they completed this task.
- The client can "redo" the activity with their parents if they have the game at home.
- Client can create a new game using their coping skills.



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Quick clinical tags to add to your notes:

- Taught a new way to release tensions
- Taught and role-played coping techniques
- Practice social skills