



A "5" Could Make Me Lose Control! An activity-based method for evaluating and supporting highly anxious students

Kari Dunn Buron

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This hands-on activity helps students who are highly anxious cope with their stress by classifying social and emotional information and analyzing how best to act. Using this interactive process, the student places cards that list highly stressful situations into colorful pockets designating stress levels, ranging from 5-1, as the first step in changing the way he thinks about and responds to emotions such as anxiety, sadness and anger. Picture word cards make the activity suitable for students with communication challenges. The kit also includes suggestions for how to include the process as a part of an effective behavior assessment and a problem-solving activity.

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