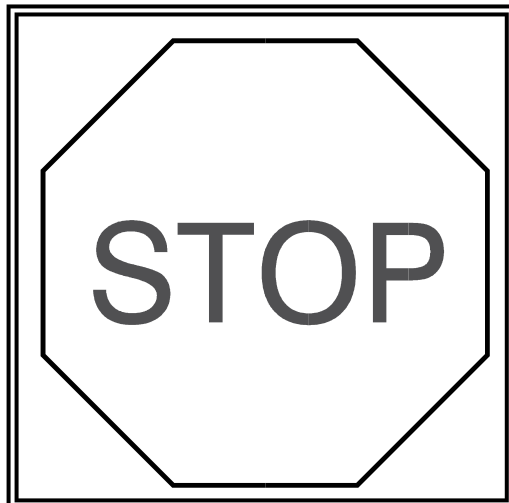




Stop and “B” Cool cue card

1. Copy this page on heavy paper
2. Cut out the three cards
3. Fold each card in middle (along dotted line)
4. Tape edges to make a 2-sided card.
5. Laminate if possible.



Breath: Take a **slow** and **deep** breath

Body: Relax your muscles

Brain: Focus on the right message

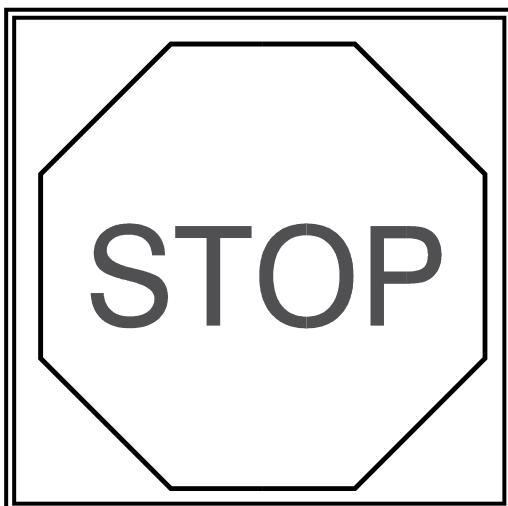
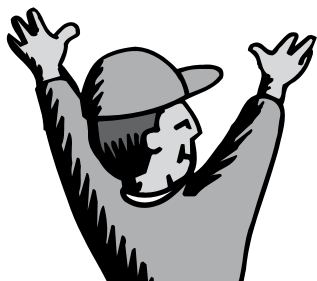
I can make the right choice.

STOP

and “**B**” Cool!

COACH’S ROLE:

The coach will play a critical role in this assignment. Go over the *Encouraging Words* on page 113, especially the “Trouble-shooting” section. Use the *Skill Trackers* to document effort and success.



Breath: Take a **slow** and **deep** breath

Body: Relax your muscles

Brain: Focus on the right message

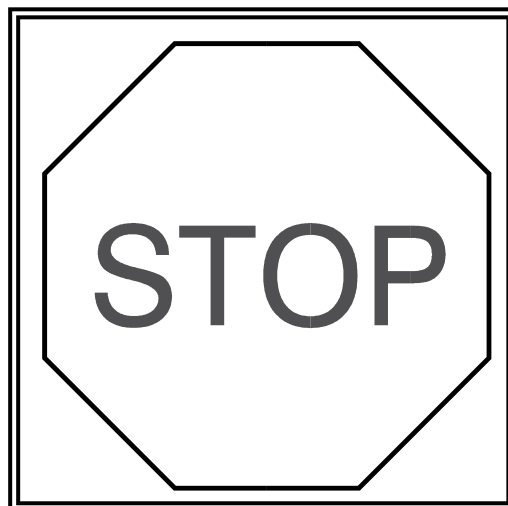
I can make the right choice.

STOP

and “**B**” Cool!

THERAPIST’S ROLE:

This assignment requires a lot of effort on the part of the child. It will be helpful if the therapist puts the assignment in writing (see pages 155-156) and provides *Yahoo! tickets* (page 157) for completion of these assignments.



Breath: Take a **slow** and **deep** breath

Body: Relax your muscles

Brain: Focus on the right message

I can make the right choice.

STOP

and “**B**” Cool!