### Tool 22: Cognitive picture therapy

## Example 1:

Sometimes the routine changes.

I can handle it. I say to myself "I'm fine".

I can take a deep breath, count to 3 then breathe out and relax. I do this 3 times.

Then I can put on my ipod and listen to music for 5 minutes.

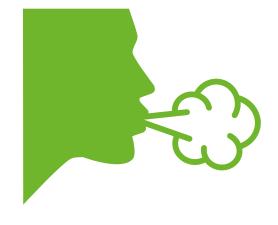
#### Sometimes the routine changes

For example, insert image of pupils timetable



# I breathe in deeply, count to 3, breathe out slowly and relax

Insert image of pupil breathing deeply or other eg:



#### I'm fine

insert image of emoticon or of pupil looking calm



## Then I listen to my music for 5 minutes (1 song)



## Tool 22: Cognitive picture therapy

## **Example 2: Kate's journey home**

1 At the end of the day I get my bag (insert picture of pupil's bag in location stored, photo of school bag or other image as shown)	
2 I take a deep breath (Insert image of pupil breathing deeply or other)	
3 I put on my coat (Insert image of pupil's coat, pupil putting on coat or a generic image of someone putting on a coat)	
4 I take a deep breath (Insert image of pupil breathing deeply or other)	
5 I line up for the bus	
6 I take a deep breath (Insert image of pupil breathing deeply or other)	
7 I get on the bus	
8 I take a deep breath (Insert image of pupil breathing deeply or other)	
9 Mum or dad are there to meet me	\$1