# 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**<br><br>For example, insert image of pupils timetable | **I'm fine**<br><br>insert image of emoticon or of pupil looking calm |
|---|---|
| **I breathe in deeply, count to 3, breathe out slowly and relax**<br><br>Insert image of pupil breathing deeply or other eg: | **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**<br>(insert picture of pupil's bag in location stored, photo of school bag or other image as shown) | |
| **2 I take a deep breath**<br>(Insert image of pupil breathing deeply or other) | |
| **3 I put on  my coat**<br>(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**<br>(Insert image of pupil breathing deeply or other) | |
| **5 I line up for the bus** | |
| **6 I take a deep breath**<br>(Insert image of pupil breathing deeply or other) | |
| **7 I get on the bus** | |
| **8  I take a deep breath**<br>(Insert image of pupil breathing deeply or other) | |
| **9  Mum or dad are there to meet me** | |