

Help the upset person activity

This is an activity to allow participants to demonstrate their knowledge of self-help techniques for dealing with upset feelings.

Print out one or more of the pictures on the following slides on cardstock.

In this activity, the adult enacts a first person monologue of a young person who is upset. Some suggested scenarios:

**Young person who is upset because children on the playground suddenly decide to change the kickball rules to allow five bases instead of three*

**Young person who is upset because a substitute teacher is not following the normal routine and is not listening to the young person's advice*

**Young person is upset because the bakery delivered a defective cake to his birthday party—a Pikachu cake that is blue instead of yellow. (Or, pick a local sports team's colors and the bakery messes up the colors)*

**Young person is sad and hopeless because, although he is doing his best to fit in and socialize with peers, he has been unsuccessful*

**Young person who is on the bus on the way to the first day of a summer day camp, feeling apprehensive about new activities and the prospect of social failure*

The adult then, remaining in character, asks the participants to give him advice on how to deal with his upset feelings. This is where you start to use the picture as an instructive visual. As you hear the advice given by the children, you hold the picture higher or lower, depending on whether the advice is useful or not useful. If the advice is useful, you hold the picture of the upset person LOWER. If the advice is not helpful, you hold the picture of the upset person HIGHER. If you get enough "bad" advice, you raise the picture as high as you can reach, and that means that the children have "lost." If the participants offer enough productive advice, then the picture gets lowered to the level of your knees, and the participants have "won."

Here is the online link to this activity. It includes downloads of the images.

<http://autismteachingstrategies.com/autism-strategies/help-the-upset-person-a-cognitive-behavioral-group-game/>

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