

Help Now! Strategy

## Station 1



Slowly drink a glass of water.  
Feel it in your mouth and throat.

What do you notice on the inside?  
Is it pleasant, unpleasant, or neutral?

Help Now! Strategy

## Station 2



Imagine our colors you see...

What do you notice on the inside?  
Is it pleasant, unpleasant, or neutral?

## Station 3



---

Look around the room and notice what catches your attention.

What do you notice on the inside?  
Is it pleasant, unpleasant, or neutral?

## Station 4



Count backwards from 10 as you walk around the room.

What do you notice on the inside?  
Is it pleasant, unpleasant, or neutral?

## Station 5



---

Touch a piece of furniture or a surface near you. Notice its temperature and texture.

What do you notice on the inside?  
Is it pleasant, unpleasant, or neutral?

Help Now! Strategy

## Station 6



Press your palms together firmly or rub your palms together until they get warm.

What do you notice on the inside?  
Is it pleasant, unpleasant, or neutral?

Help Now! Strategy

## Station 7



Notice the 3 sounds within the room  
and 3 sounds outside.

What do you notice on the inside?  
Is it pleasant, unpleasant, or neutral?

Help Now! Strategy

## Station 8



Walk around the room.  
Notice the feeling of your  
feet on the ground.

What do you notice on the inside?  
Is it pleasant, unpleasant, or neutral?

Help Now! Strategy

## Station 9



Slowly push your hands or back  
against a wall or door.

What do you notice on the inside?  
Is it pleasant, unpleasant, or neutral?