

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?

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## Station 2



Name six colors you see.

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

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## Station 3



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Look around the room and notice what catches your attention.

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

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## Station 4

10 9  
8 7 6 5 4 3 2 1

Count backwards from 10 as you walk  
around the room.

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

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## Station 5



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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?

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## 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?

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## 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?

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## 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?

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## 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?