Exit Activities - Explained

(Adapted by SD 42 OT Department)

It is important to have an arsenal of tools that can be utilized during high stress situations. These tools should be taught and practiced during times when anxiety is lowest so that they can be used effectively during high stress/anxiety situations.

Ideas of calming/stress management tools are listed in the Sensory Package Part 2 (**Exit Activity Scripts**). There are three key categories of tools:

1. Breathing Tools
2. Relaxation Tools
3. Visualization/Imagery Tools

Because we all respond differently to different techniques, some may be more helpful than others. Keep in mind that practice will make these techniques easier to use.

Suggested Use:
1. Print out Exit Activity Scripts (colour is best).
2. Cut each activity out and glue to card stock.
3. Laminate to preserve longevity of script.
4. Consider putting them on a 2" loose leaf ring for ease of access.
5. Select a few activities and practice them with student (minimum daily for 1 week to determine if effective).
6. Keep the following in mind when presenting student with choice of scripts. Try to select scripts that the child will be able to understand.
    a. Breathing scripts (simplest/easiest to learn)
    b. Move to relaxation scripts
    c. Visualization/Imagery scripts (require more thinking)
7. Help student keep track of outcome for each script trialed.
8. Create a tailored collection of student's preferred/effective scripts.
9. Practice them regularly to make use easier during times of high stress.