

# TAMFT PRESENTATION NOTES

Casey O'Brien Martin, LMHC, REAT, RN, School Adjustment Counselor  
casey@wholechildcounseling.com

- “Challenging behavior does not come from a place of malice or harmful intent and is instead a way to express frustrations over a lagging skill or an unmet expectation” (Greene, n.d.)
- Move towards a problem-solving approach by figuring out what skills the child needs to learn to be more successful. With this shift, you can focus on figuring out the best way to help the child learn those skills.
- The purpose of *Skills for Big Feelings* is to teach children how to cope with their uncomfortable feelings more effectively by teaching them relaxation skills and giving them a structure called Feeling-Breath-Thought-Skill (F-B-T-S.)
- How people change: Therapeutic relationship factors, including warmth, empathy, encouragement, and acceptance account for 29–35% of change. A client’s hope and expectations account for 27–30 percent of change. (Thomas, 2006)

## TRAUMA INFORMED GUIDED RELAXATIONS

- Build a “container of trust” and use “language in the form of an invitation as a way of promoting empowerment and choice” (Kearney & Simpson, 2020, pp. 74-90.)
- Start with a self-scan: “I want to invite you to do a self-scan.”
- Let them know what to expect at first
- Offer Choices
- Afterward: model your own process, feelings check with a focus on the present moment
- Use a soothing calm tone, read slowly, and ad lib when needed.
- Closing eyes is optional. Other ideas: soften gaze, look down at nose, find place on floor to focus on, etc.

## SKILLS FOR BIG FEELINGS COUPON CODE

Use **code TAMFT21** through 8/1 for 20% off eBook or Paperback edition of Growing Bundle (with 2 books, games, crafts, editable documents, digital interactive notebooks, MP3s, activities and so much more) at [www.wholechildcounseling.com](http://www.wholechildcounseling.com)

## REFERENCES

- Greene, R. W. (2009). Kids do well if they can. Lives in the Balance.  
<https://www.livesinthebalance.org/kids-do-well-if-they-can>
- Kearney, D. J. and Simpson, T. L. (2020). *Mindfulness-based interventions for trauma and its consequences*. American Psychological Association.
- O'Brien Martin, C. (2020). *Skills for Big Feelings: A Guide for Teaching Kids Relaxation, Regulation, and Coping Techniques*. Whole Child Counseling.
- Thomas, M. L. (2006). The contributing factors of change in a therapeutic process. *Contemporary Family Therapy*, 28, 201-210. <https://www.doi.org/10.1007/s10591-006-9000-4>

# CREATE A DIGITAL BREATHING BOARD IN GOOGLE SLIDES

1. To begin, use Chrome as your browser, and make sure you are signed into Google. You can tell you are signed in by the little circle in the top right of your Chrome browser. If you don't have a Google account, you can make a free account [HERE](#).
2. Pick your theme – try to pick something the child you are making it for is interested in!
3. Go to Google and do a search with your theme plus the word “scene” or “background” or “wallpaper.” For example, “video game background” or “superhero scene” or “unicorn wallpaper” etc.
4. Click the “Images” tab so you can see a range of choices. Ideally you want a background image that is in a rectangle or widescreen shape. Pick the background image you like.
5. When you find your image, click it and then right click and hit “**save image as**” and save it somewhere you'll remember (like on your desktop.) Remember the title and location where you save your picture.
6. Go to <https://www.google.com/slides/about/> then click “**Go to Google Slides**” under Personal.
7. Click the **big Plus Sign +** above the word “Blank.” This will open up an untitled presentation.
8. Delete any text boxes that appear.
10. In the Toolbar at the top, go to **Slide > Change Background > Choose Image**, then click **Browse** and find the background image you saved previously. Hit **Open** and **Done**.

11. Now **open a new Chrome tab**, and do a google **image search** for what your movable piece will be. Sometimes it's helpful to also search "transparent" with the term, such as "transparent basketball." If you can find a PNG file, those often have a transparent background. You might need to play around with finding a transparent image that you like. Take the same steps as above to save the image and remember the name and location of the file.
12. Go back to your Google Slides tab and In the toolbar go to **Insert > Image > Upload from Computer** and find the image you just saved for your movable piece.
13. **Resize** if needed by clicking the corner and dragging to resize it.
14. Drag the movable piece to the side of your slide. In the tool bar at the top go to **Edit > Copy**, then **Edit > Paste** and copy and paste the movable image to match however many breaths you want the child to take (I suggest 3-5.) Place all of the movable pieces to the side of the slide. You might want to overlap them to the edge of the slide.
15. In the Toolbar at the top, go to **Insert > Shape > Shapes**, then pick a shape that will fit around your movable piece. **Resize** the shape so it is a bit larger than your movable piece.
16. Click the shape so it is highlighted, and in the tool bar at the top go to **Edit > Copy**, then **Edit > Paste**. Copy and paste the shape however many times you want to match the number of movable pieces/breaths (3-5.) Arrange the shapes on the background.
17. Insert a text box and type in a statement such as: "I can take 3 slow, deep breaths." Feel free to play with the font, color, sizing etc.
18. **Name the file**, then go to **Share**. Next, click "**anyone with a link**" - make sure it says "**Viewer**" then click "**copy link**." Then **delete the end of the URL up to the last forward-slash, and change the end of the URL from "/edit" to "/copy"** – this is how you can share the link with the student you made it for! Here is [another example](#) of how to force a copy.

19. Next, teach the child how to take slow deep belly breaths and use the breathing board. Every time they take a breath, in and out, they drag the movable piece inside the shape!
20. They can hit the back button when they are done to try again or to set it up so it will be ready to use next time.
21. You might want to make a Loom video to show them how to use it! You could also make a social story to go along with it.

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*\*Note, if you have access to Powerpoint, it would be ideal to create the 3-5 shapes on the background image in powerpoint, save the file as a PNG, and then insert that picture into the background of the Google Slide, that way the shapes are non-movable and stable.*

*\*If using an iPad, you might need to overlap the movable pieces on the edge of the slide, otherwise the child might miss them because they need to zoom out.*

**HERE ARE SOME EXAMPLES  
OF BOARDS I'VE MADE**



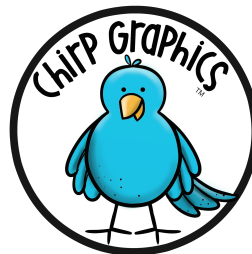
# CREATE A PRINTABLE BREATHING BOARD IN POWERPOINT

*Supplies: Adhesive velcro, Printer, Cardstock, Laminating Machine and Sheets, Powerpoint*

1. Open powerpoint and click design. Click Slide Size and change the width to 8.5" and the length to 11". Hit ok.
2. Use the steps you used previously to find a background image from google.
3. Then go to **Insert > Pictures > Pictures from File** and choose the image and hit **Insert**.
4. Resize the background image to however big you want it to be.
5. Then on the Insert tab, hit **Shapes**, and choose a shape. Click on the background and drag the shape to make it as big as you want it to be.
6. Then click the shape to highlight it, and go to **Edit > Copy**, then **Edit > Paste** to make as many shapes as you want the child to practice deep breaths.
7. Then copy and paste the shape below the background shape, at the bottom, as many times to match the number of breaths.
8. You can do another image search and insert an image into each of the shapes at the bottom if you'd like, as those will be your movable pieces.
9. You might consider adding a text box and typing in a statement such as "I can take 3 deep breaths."
10. Print out your paper and if possible, use cardstock and laminate it.

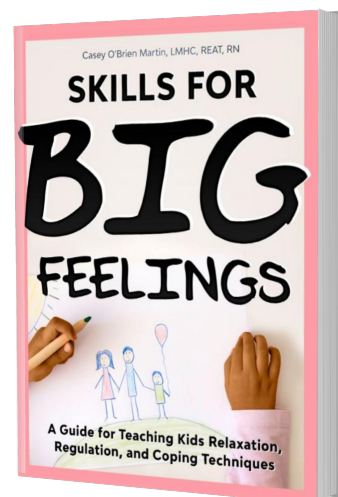
11. Cut out the breathing board and the squares at the bottom. After laminating, put velcro on the shapes on the board and on the back of the matching movable pieces.
12. I like to attach extra velcro to the back of the Breathing Board to put the movable pieces on when it is not in use, or you can tape a ziplock bag on the back of the Breathing Board to put the extra pieces in.
13. Lastly, teach the child how to use their new Breathing Board! Ask them where they'd like to keep it.
14. Try to make a plan about when they'll practice it (pair it with another activity – “before you do math centers, you will practice your breathing board. You can also use it any time you need. When do you think might be a good time to use this?”

## THANKS TO THESE CLIP ART ARTISTS:



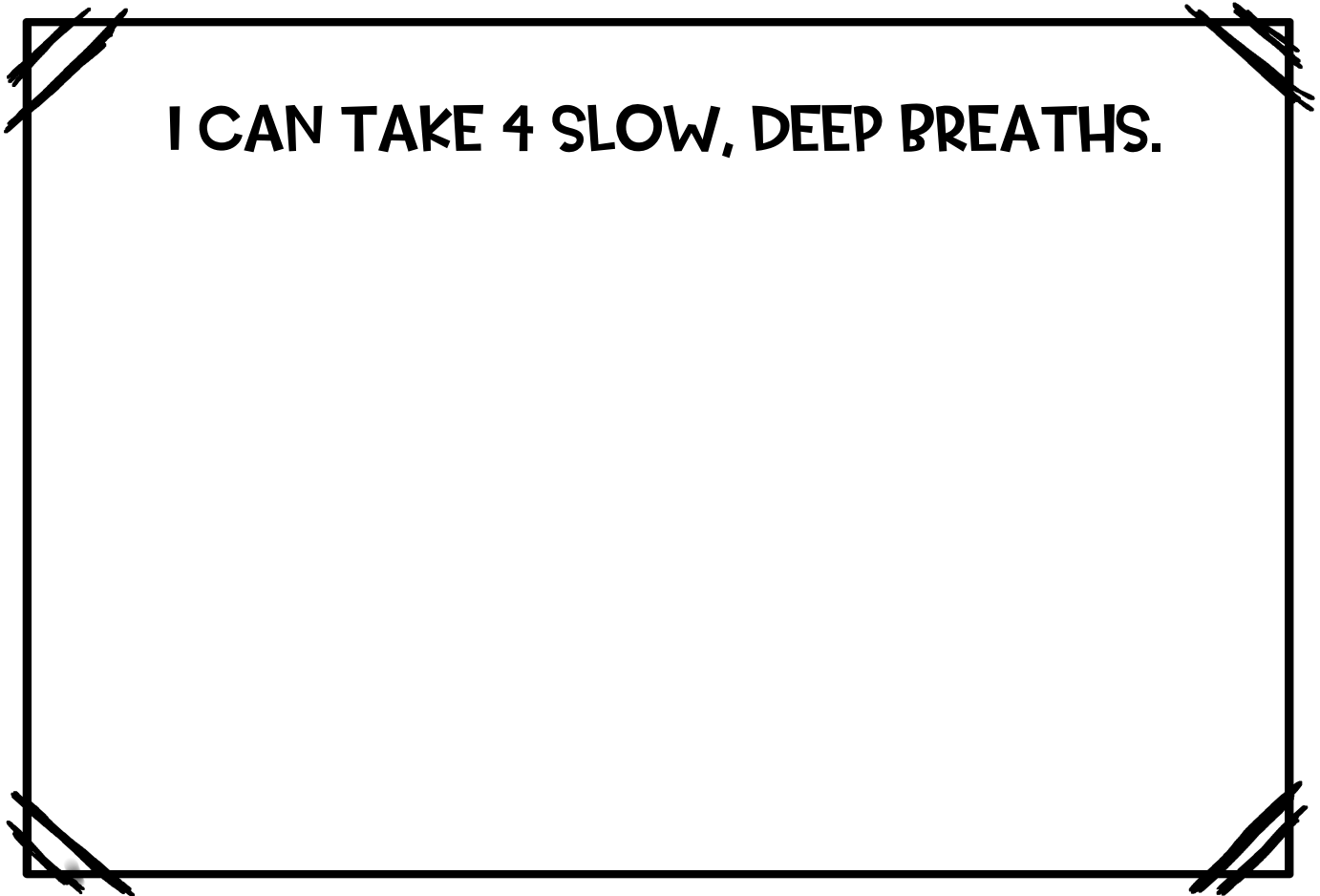
**CHECK OUT MY NEW  
BOOK *SKILLS FOR BIG  
FEELINGS* AT:**

**WHOLECHILDCOUNSELING.COM**



# CREATE A PAPER BREATHING BOARD

*Supplies: Adhesive velcro, Printer, Cardstock, Laminating Machine and Sheets, Coloring Supplies, Stickers, etc.*



## DIRECTIONS:

Copy the breathing board and squares onto cardstock. Have the child decorate the breathing board, and the squares. They'll need to choose the number of breaths (I recommend 3-5) and then to find out how many squares they need, they'll need to double that number. So if it's 3 breaths, they would have 6 squares total. Paste half the squares onto the breathing board and then keep half off for the movable pieces. Laminate, cut out, and attach the Velcro pieces. Teach them how to use the breathing board, when and where they'll use it. Some children like to tape it right onto the top or side of their desk or in their locker.



**I CAN TAKE 3 SLOW, DEEP BREATHS.**



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**I CAN TAKE 5 SLOW, DEEP BREATHS.**



**I CAN TAKE 5 SLOW, DEEP BREATHS.**

# CREATE A PAPER BREATHING BOARD

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# CREATE A PAPER BREATHING BOARD

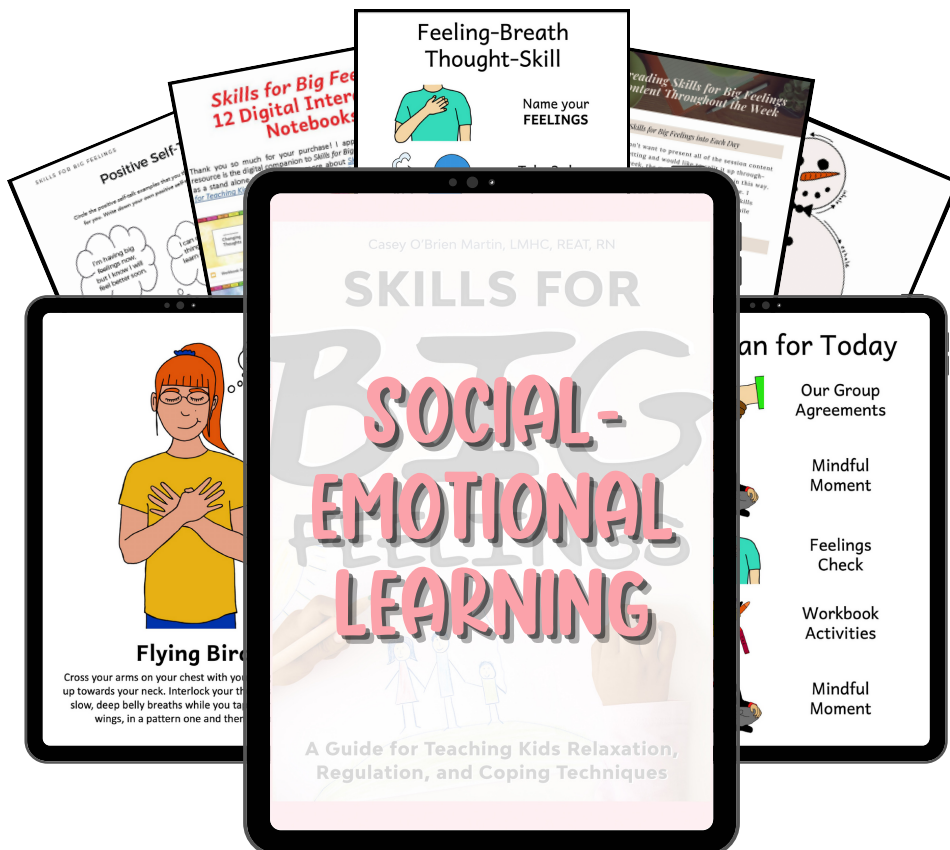
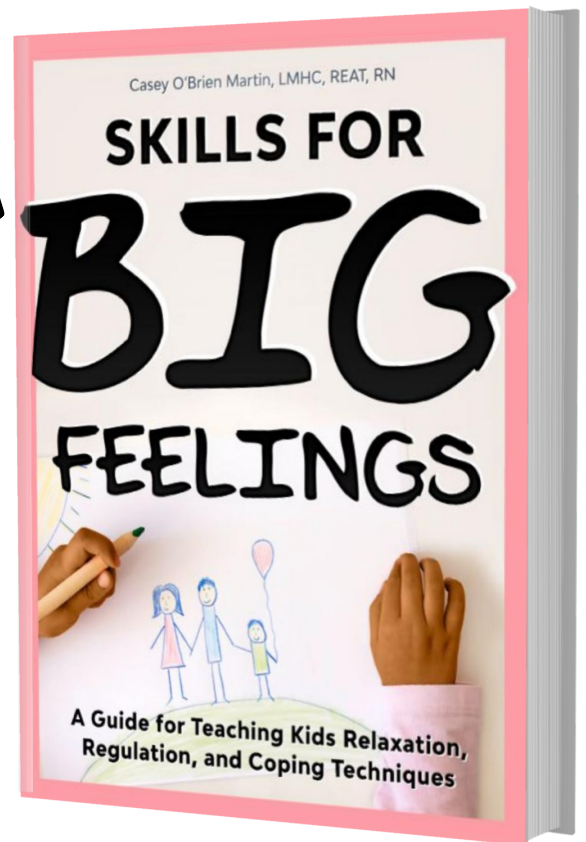
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# COMPREHENSIVE SEL CURRICULUM

## Skills for Big Feelings Includes:

- A Complete 12-Week Guide Designed for Teaching Relaxation, Regulation, and Coping Techniques To Children
- Practical Tools and Advice for Educators and Clinicians Including S.M.A.R.T. IEP Objectives, Handouts to Extend the Social-Emotional Learning at Home, Letters, Surveys, Visual Aides, Data Collection Tool, and More
- A Reproducible 28-Page Coloring Workbook To Promote Stretches, Breathing Techniques, and Relaxation Skills



- 16 Trauma-Informed Guided Relaxation Scripts For Helping Kids Destress
- Tips and Tricks To Help You Implement These Lessons in Various Settings and So Much More!
- Digital Interactive Notebooks and MP3s available in Bonus Bundle are Perfect for Remote Learning or Telehealth!

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