

Strategy Bags: Teaching Personalized Tools for Self-Regulation!

Strategy Bag: a small bag filled with individualized self-regulation tools to help individuals cope with a variety of issues such as anxiety, stress, and anger.

Why use a strategy bag?

- Address issues like anxiety, anger, stress, or inappropriate self-regulation behaviors.
- Gives the counselor and student an opportunity to collaborate to come up with individually tailored strategies for the student.
- Provides the student a tangible reminder of self-regulation strategies and allows them to feel ownership over them.

How to implement a strategy bag

- Strategies bags are taught one-on-one during weekly meetings with student (may take 6 to 8 weeks to teach and prepare before it is ready to send with student).
 - a. Allow student to choose fabric for their bag.
 - b. Work with student to find tools and strategies that will be most helpful for them.
 - c. Teach student to use tools appropriately.
 - d. Assemble the tools into the strategy bag and determine appropriate placement.
 - e. Give your student their strategy bag! It is now theirs to keep.
- School counselor and student should work with the teacher, parent, or both to establish parameters for using the strategy bag (placement, timing of use, etc.). This collaboration helps to avoid conflict that might arise if rules for appropriate use are not agreed upon.

Data collection

- We asked open-ended questions, but entered data for these questions:
 - Student can list signs of feeling (anxious/angry/stressed/etc.) (No, Yes: 1, Yes: 2-3, Yes: 4+)
 - Student can list skills to calm down from feeling (anxious/angry/stressed/etc.) (No, Yes: 1, Yes: 2-3, Yes: 4+)
 - Student believes their calm-down strategies are helpful (No, Yes)
- In the future we would:
 - Include a question about the counselor's perception of whether strategies are effective and healthy
 - Change answer options to include Yes: 2 and Yes: 3 (rather than Yes: 2-3)
 - Set more specific times to assess: at the introduction of the concept, when the student is given the strategy bag to keep, and 6-8 weeks after receiving the bag.

Any Questions? Feel free to reach out!

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