

# Strategy Bags

**Teaching Personalized  
Tools for Self-Regulation!**

# What is a strategy bag?

- 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
  - May contain: fidgets, power cards, journals, social stories, worry stones, or other self-regulation tools (examples later on!)

## Why use a strategy bag?

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

## How to implement a strategy bag

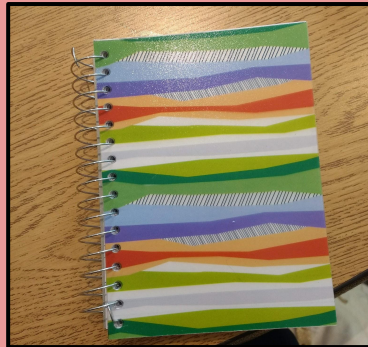
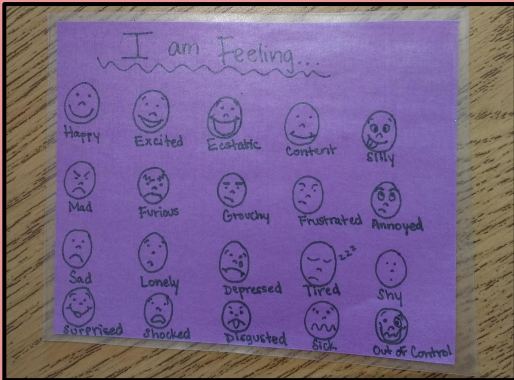
1. Strategy bags are introduced and taught one-on-one during weekly meetings with student
2. Work with teacher, parent, or both to help create parameters for the bag

1. Allow the student to choose fabric for their bag

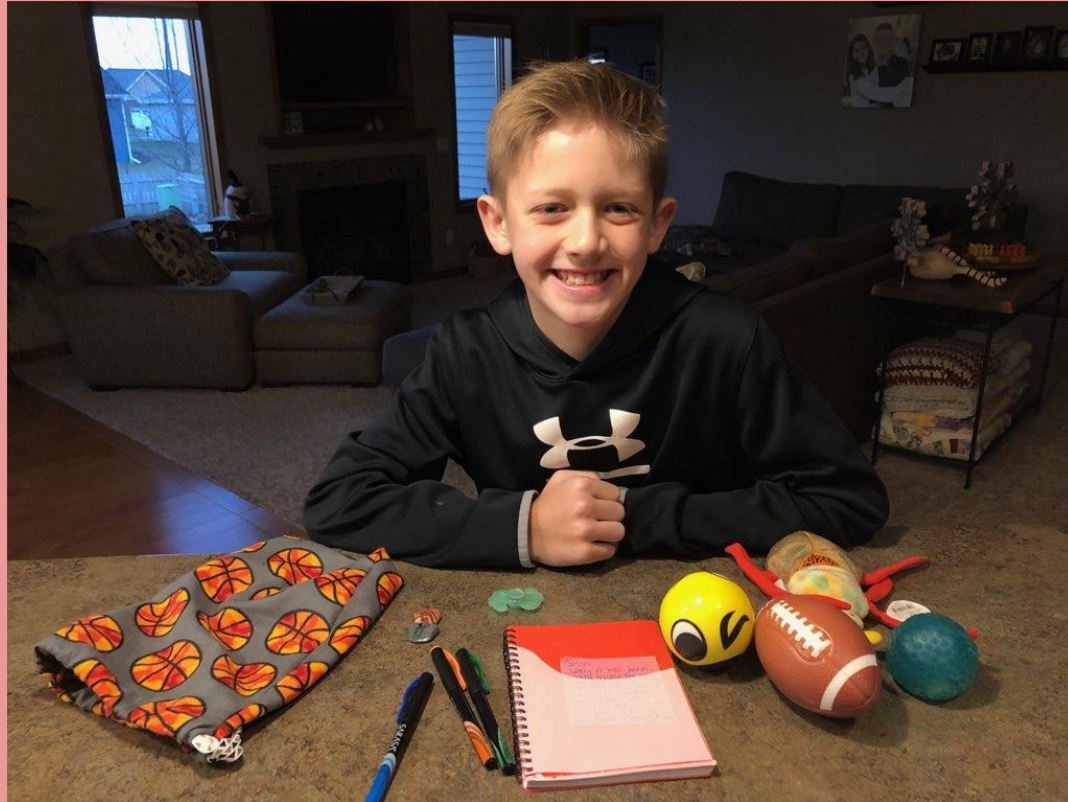




## 2. Work with student to find tools and strategies that will be most helpful for them



### 3. Teach student to use chosen tools appropriately



## 4. Assemble the chosen tools into the Strategy Bag

Some items are always included, such as:

- Journals to write or draw in
- Writing utensils
- Cards with breathing exercises or grounding technique ideas





## 5. Give your student their Strategy Bag!

A large rectangular area with a blue background and scattered, multi-colored confetti (red, orange, yellow, green, blue, black).

It is now theirs to keep! Hurray!

# Data

- Data collection (in the form of a pre- and post-test) has been piloted this year
- Kids are asked:
  - What are some ways you can tell you are feeling anxious (or angry, unfocused, etc.)?
  - What do you do to help yourself calm down when you are feeling anxious (or angry, unfocused, etc.)?
  - Do you think the things you do to calm down are helpful?
- Data is entered as:
  - Student can list signs of feeling anxious/angry/etc. (No, Yes: 1, Yes: 2-3, Yes, 4+)
  - Student can list skills to calm down from feeling anxious/angry/etc. (No, Yes: 1, Yes: 2-3, Yes: 4+)
  - Student believes their calm-down strategies are helpful. (No, Yes)
- Currently, data shows progress in only some students. In person, all students seem to have shown progress.

**Questions?**