

## Feeling Anxious

*Some individuals with ASD may experience symptoms of anxiety. This example reminds an individual what to do when they are feeling anxious. This individual loves dogs, particularly golden retrievers. Because the individual has a pet golden retriever named Sadie, a Power Card was created as a reminder for the individual to know what to do when beginning to feel anxious.*

Sadie the golden retriever loves to spend time with her family. When her family leaves the house, Sadie sometimes feels anxious because she is alone. She misses her family. To help Sadie keep occupied when they are gone, Sadie's family bought her some chew toys. These toys calm Sadie and help her feel better. Sadie's family also made a calming spot for her. She has a dog bed with some of her comforting items, such as her squeaky pig toy and soft, stuffed squirrel toy. These dog toys bring comfort to Sadie. Sadie knows her family will return home soon.

Maybe I can be like Sadie when I start to feel anxious. I can use my tools to help me feel better, such as my breathing card and breathing strategies. I can also ask an adult for a break when needed. Just like Sadie, I can go to my home base/calming spot.

## **Sadie the Golden Retriever wants you to remember:**

1. Stay calm
2. Use my breathing card and take 3 deep breaths
3. Ask an adult for a break
4. Go to my Home Base/Calming Spot

# Power Card



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Adapted from Gagnon, 2001