
Modified Handouts for Students with Low Literacy

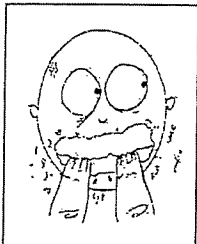

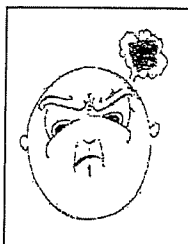
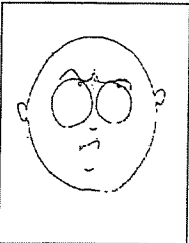
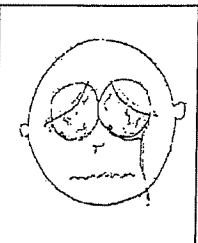
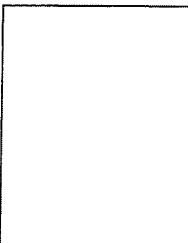
GOALS

NAME: _____

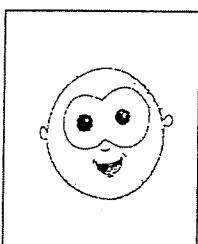
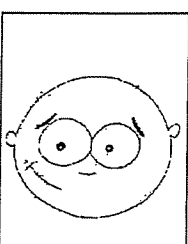
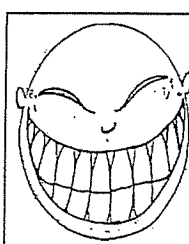

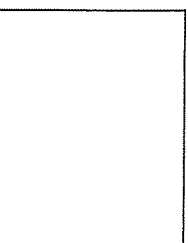
Section: _____

BY THE END OF THIS GROUP,

I want to feel LESS:

 NERVOUS	 SCARED	 ANGRY
 UPSET	 SAD	

I want to feel MORE:

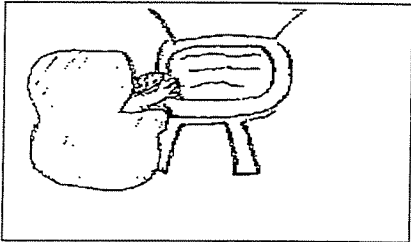
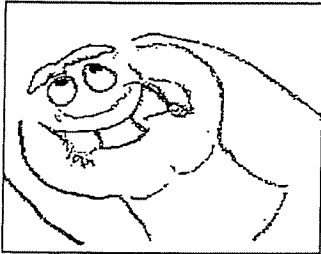
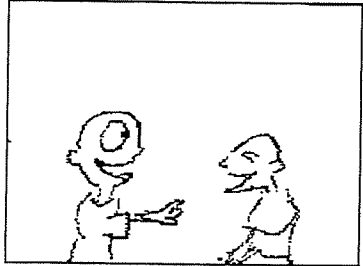
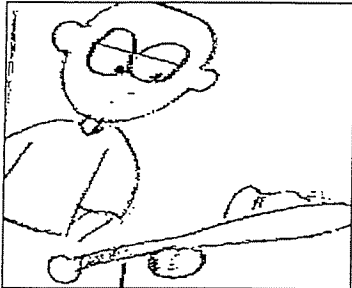
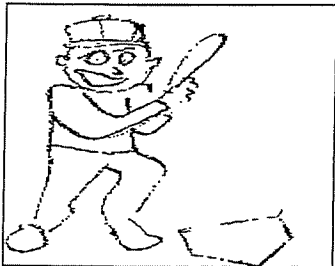

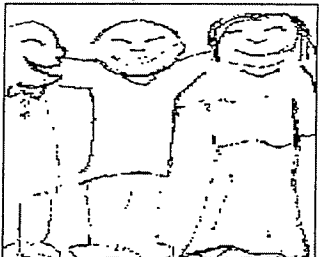
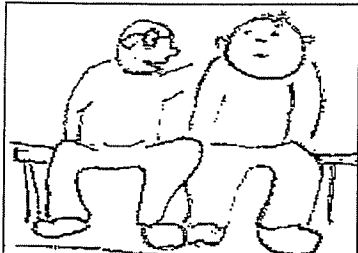
 HAPPY	 CALM	 EXCITED
 RELAXED		

GOALS

NAME: _____

Section: _____

I want to change the way I do things and think about things so that I can:

<input type="checkbox"/> Calm myself down 	<input type="checkbox"/> Not get upset 	<input type="checkbox"/> Talk to friends 
<input type="checkbox"/> Stop avoiding things 	<input type="checkbox"/> Do things I enjoy 	<input type="checkbox"/> Make better decisions 
<input type="checkbox"/> Get along with Family 	<input type="checkbox"/> Get along with friends 	<input type="checkbox"/>

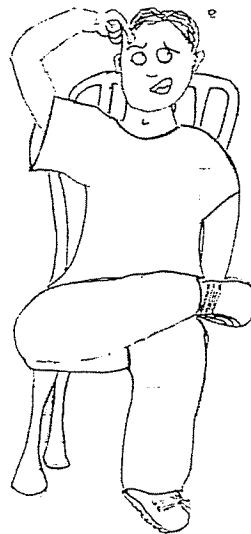
Hot Seat Exercise

NAME: _____

What Happened: _____

**Negative
Thought:**

**Hot Seat
Thought:**

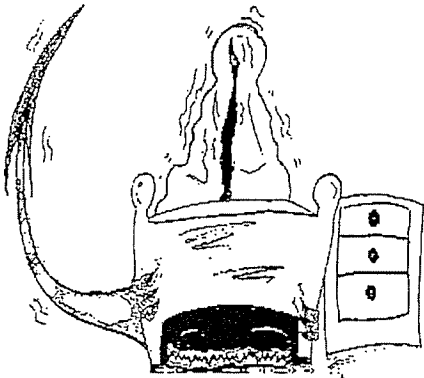


Hot Seat Exercise: Example

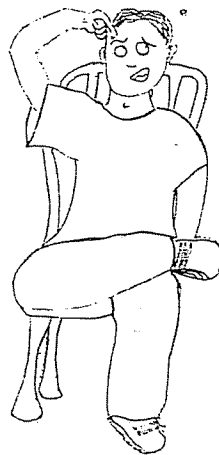
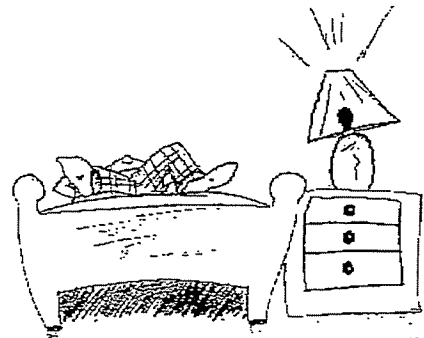
NAME: George M.

What Happened: I don't want to sleep at night

Negative Thought: I always have nightmares



Hot Seat Thought: I can fall asleep with a night light.



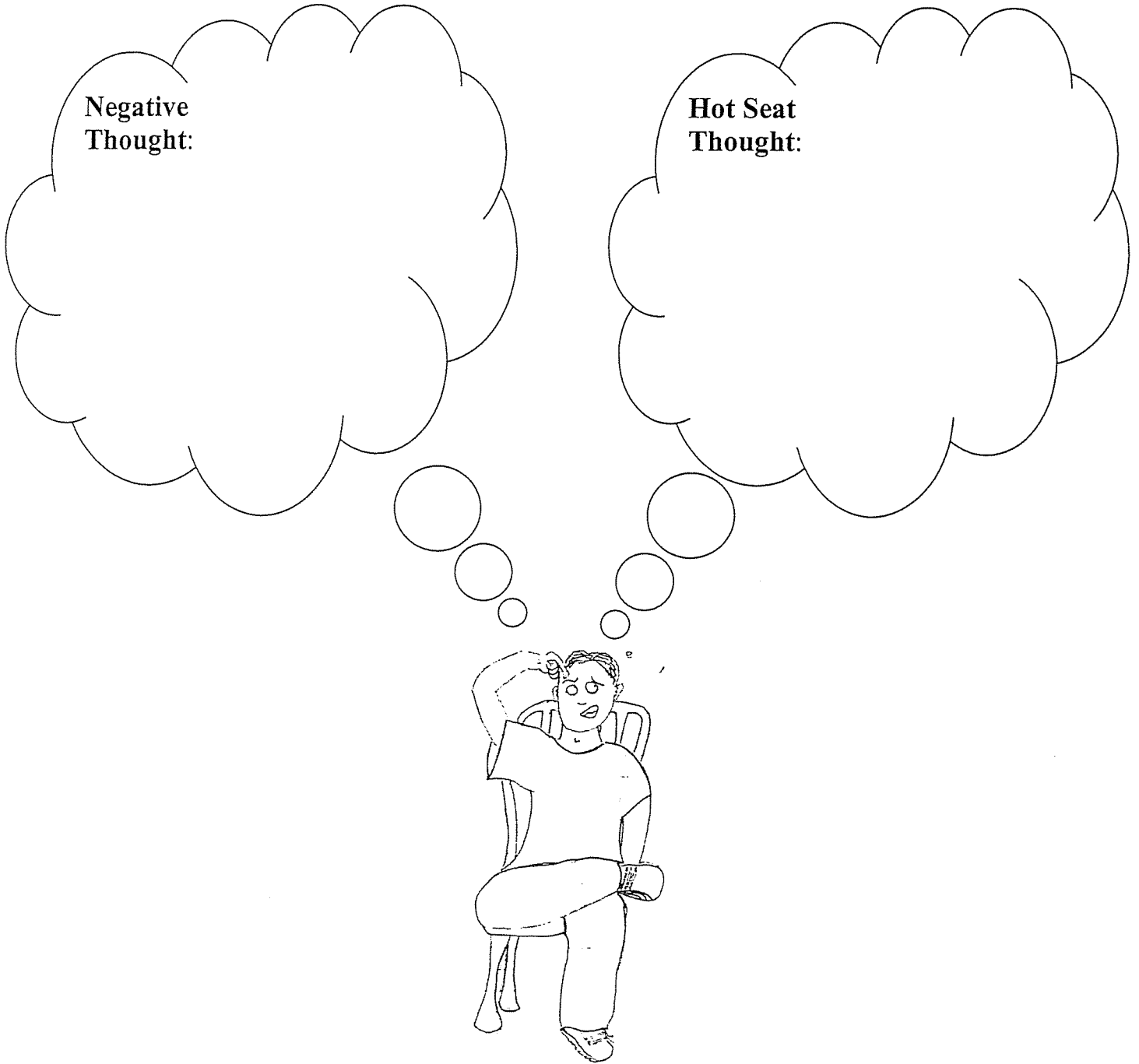
Hot Seat Exercise

NAME: _____

What Happened: _____

**Negative
Thought:**

**Hot Seat
Thought:**

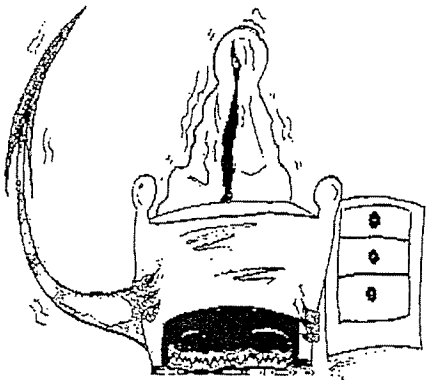


Hot Seat Exercise: Example

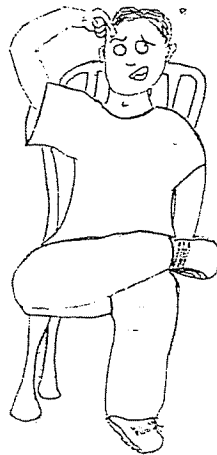
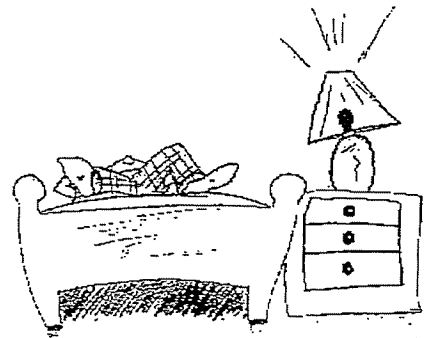
NAME: George M.

What Happened: I don't want to sleep at night

Negative Thought: I always have nightmares



Hot Seat Thought: I can fall asleep with a night light.

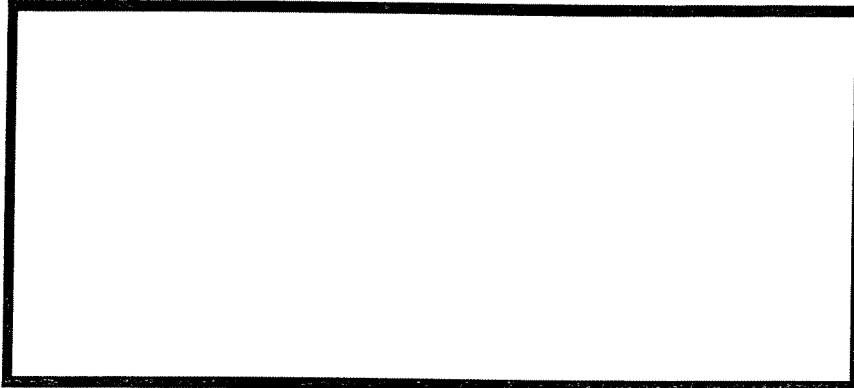


Assignment

NAME: _____

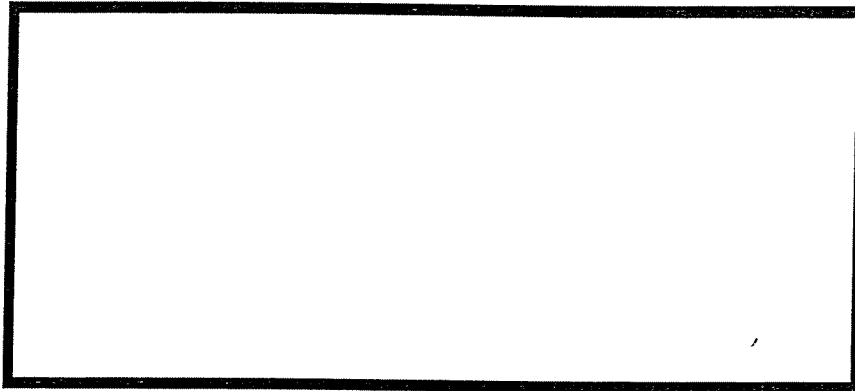
This week, I am going to: _____

1. This shows how I felt when I did it:



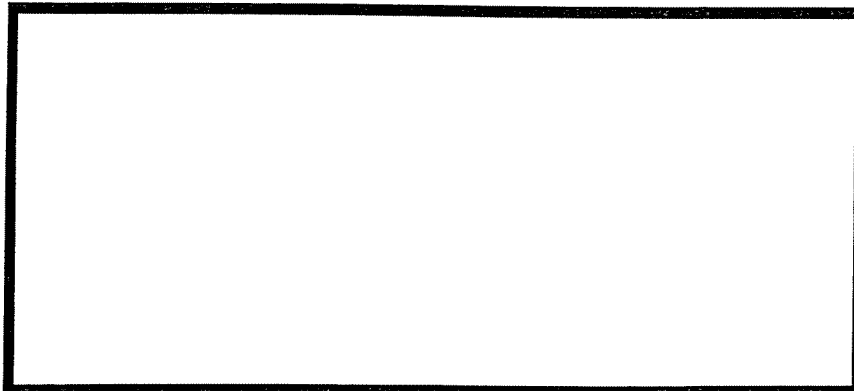
My Rating: _____

2. This shows how I felt when I did it:



My Rating: _____

3. This shows how I felt when I did it:



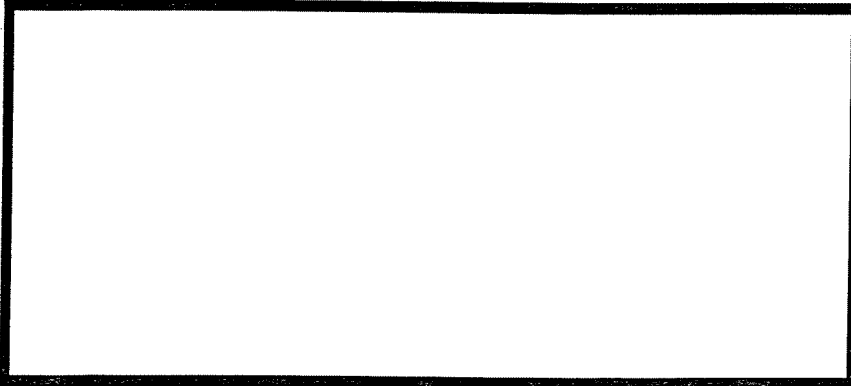
My Rating: _____

Assignment Example:

NAME: Ralph

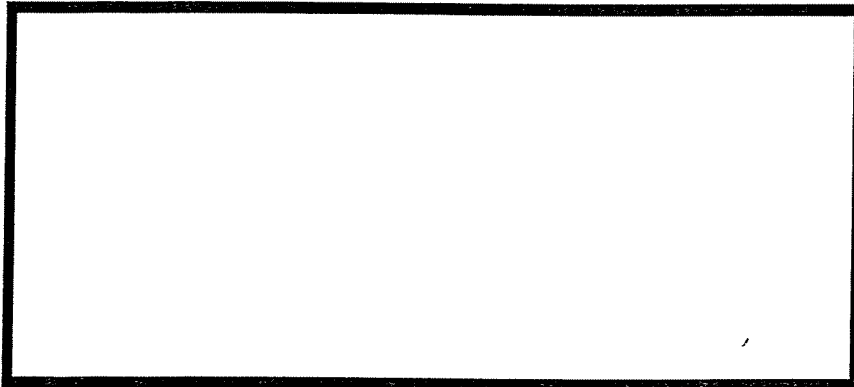
This week, I am going to: Go to the store

1. This shows how I felt when I did it :



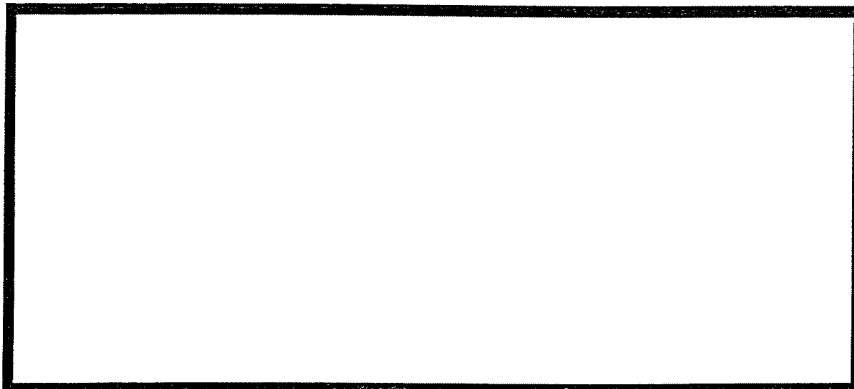
My Rating: _____

2. This shows how I felt when I did it:



My Rating: _____

3. This shows how I felt when I did it:

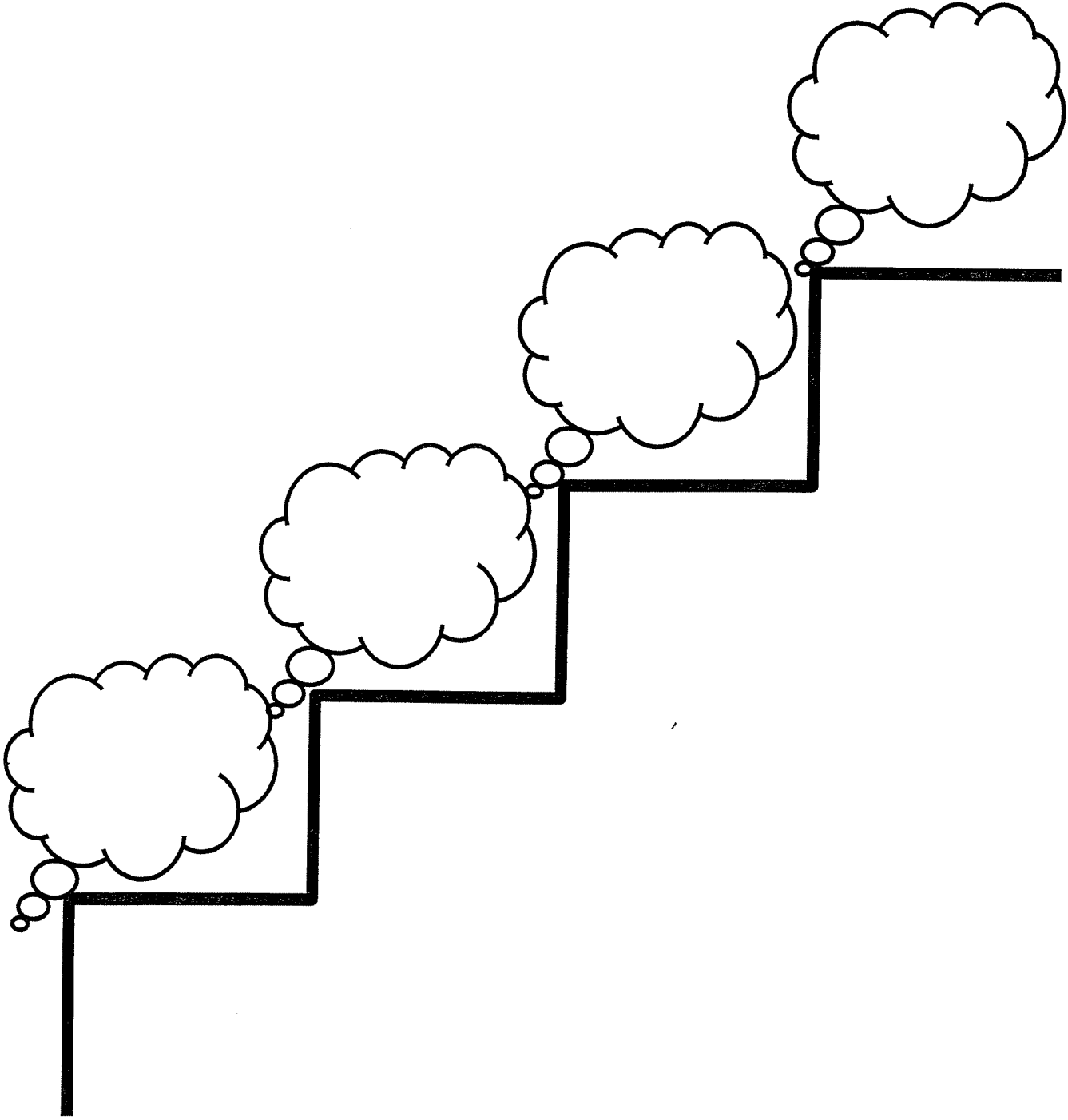


My Rating: _____

Things That I Avoid

NAME: _____

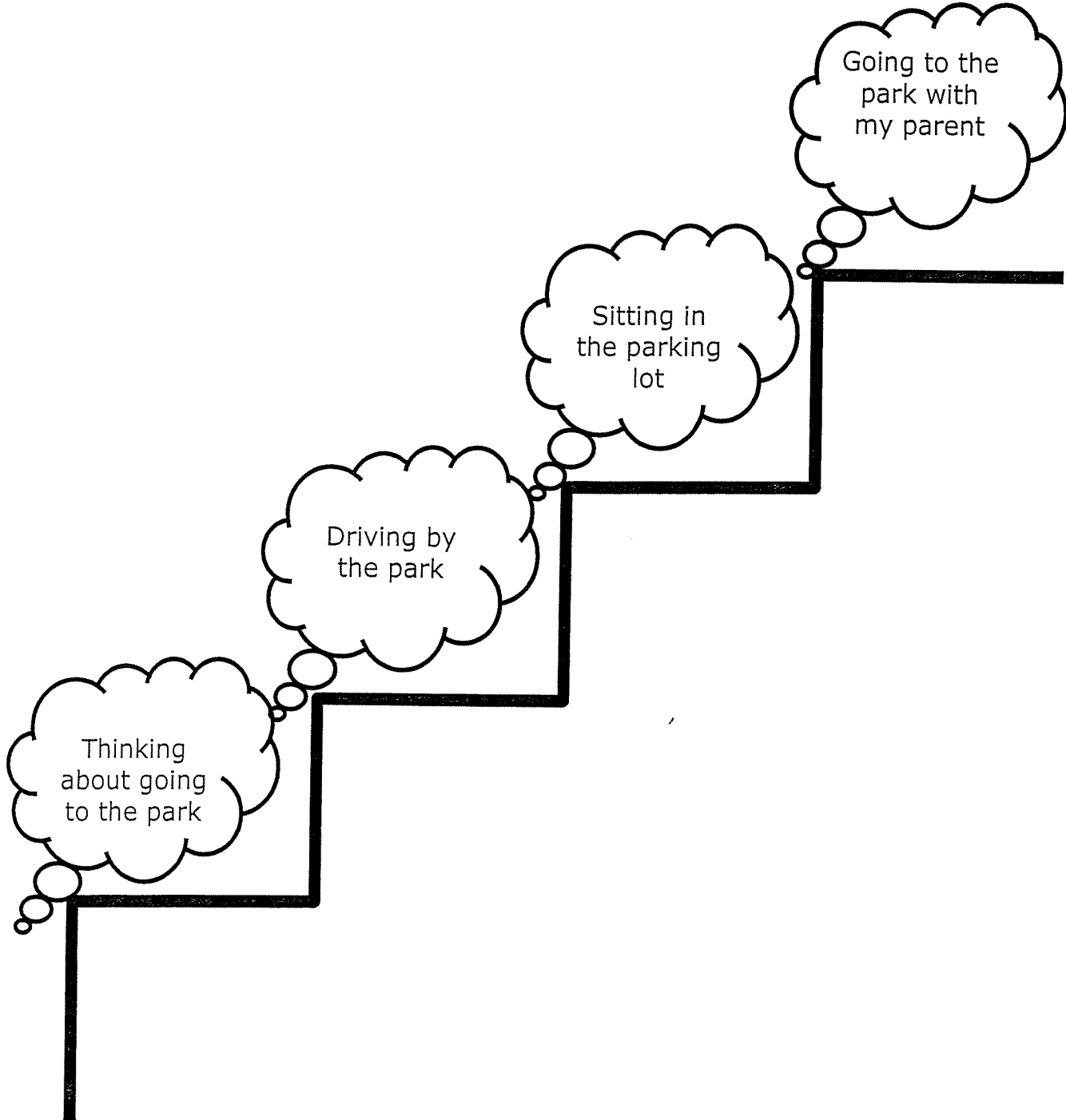
What I avoid: _____



Things That I Avoid: Example

NAME: Nancy A.

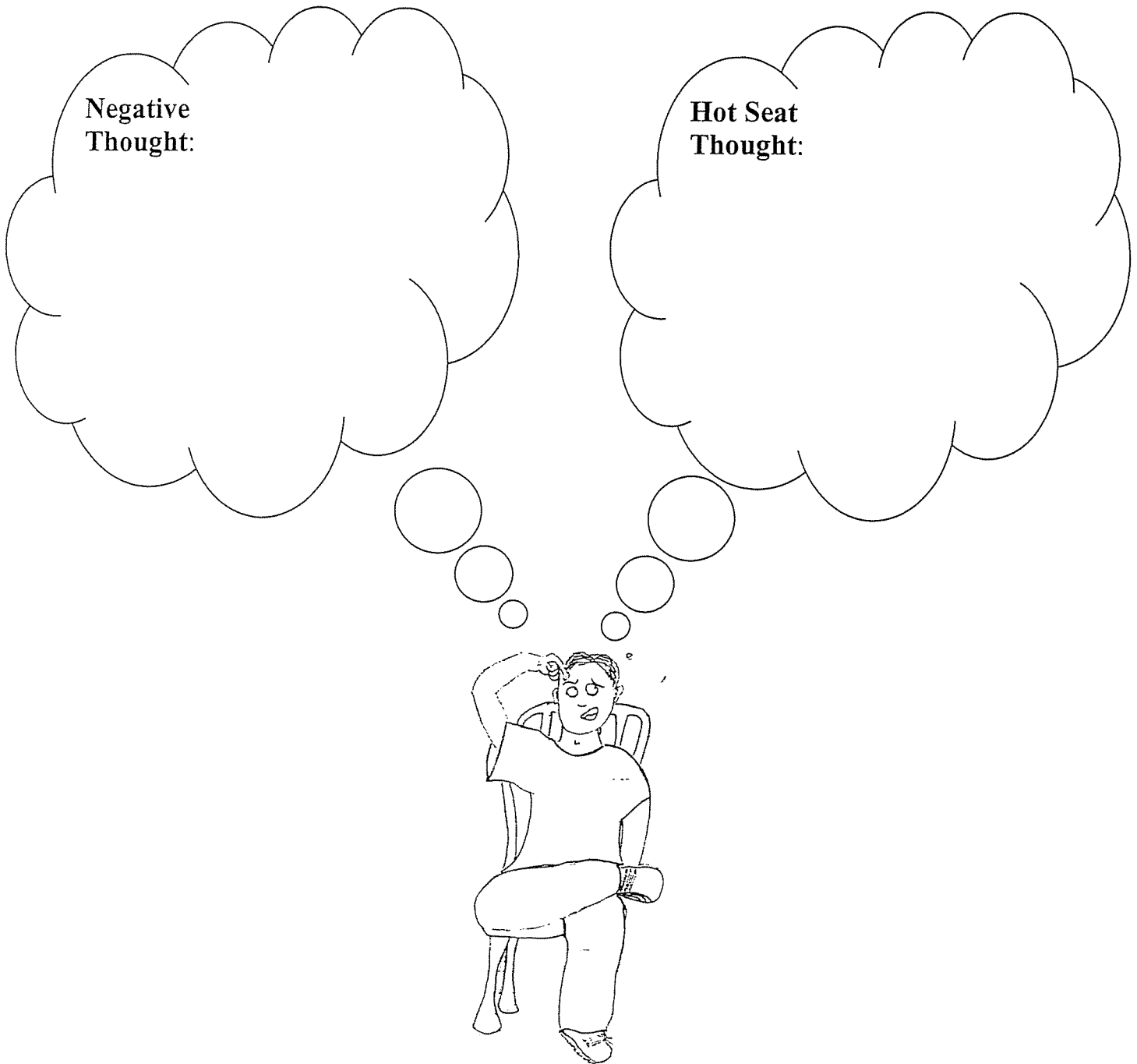
What I avoid: Going to the park



Hot Seat Exercise

NAME: _____

What Happened: _____



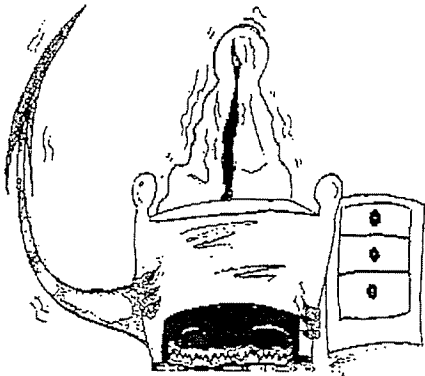
Hot Seat Exercise

NAME: George M.

What Happened: I don't want to sleep at

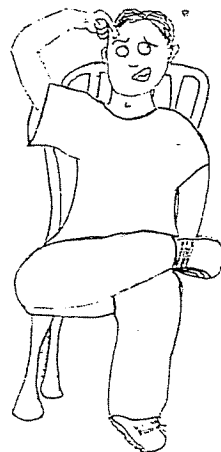
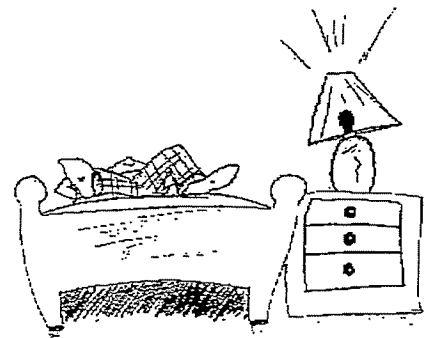
Negative

Thought: I always have nightmares



Hot Seat

Thought: I can fall asleep with a night light.

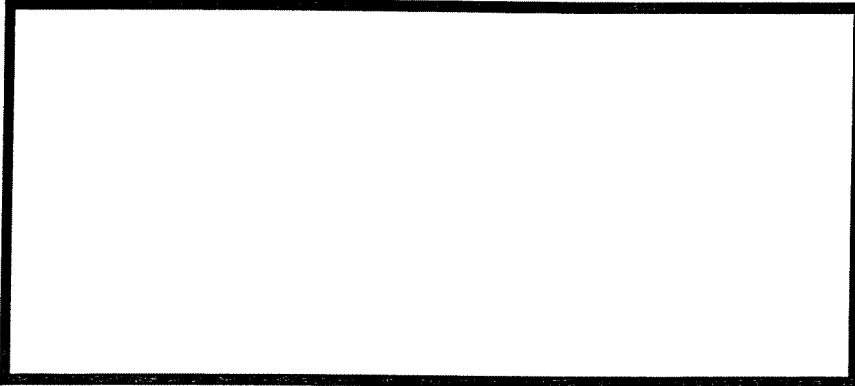


Assignment

NAME: _____

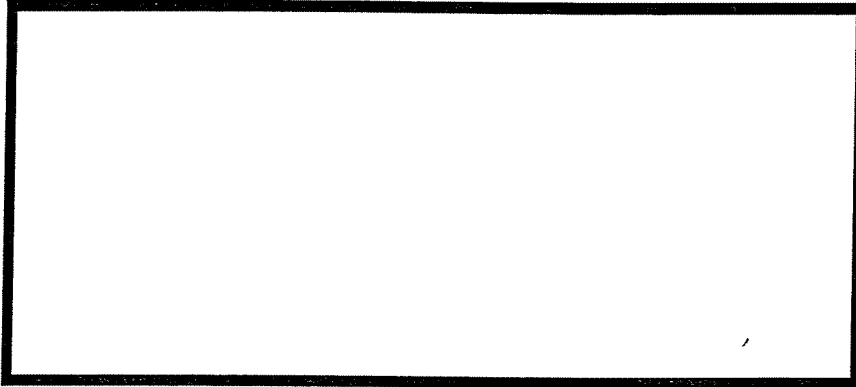
This week, I am going to: _____

1. This shows how I felt when I did it:



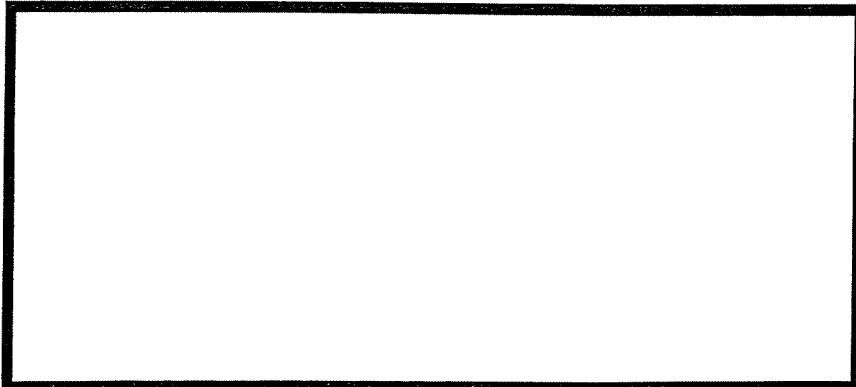
My Rating: _____

2. This shows how I felt when I did it:



My Rating: _____

3. This shows how I felt when I did it:



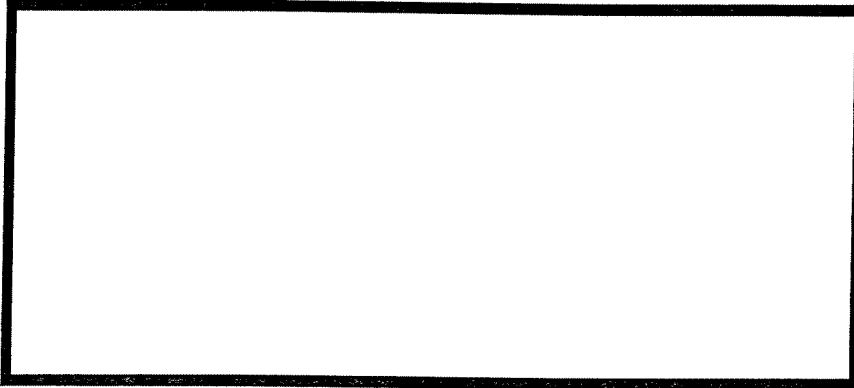
My Rating: _____

Assignment

NAME: Ralph

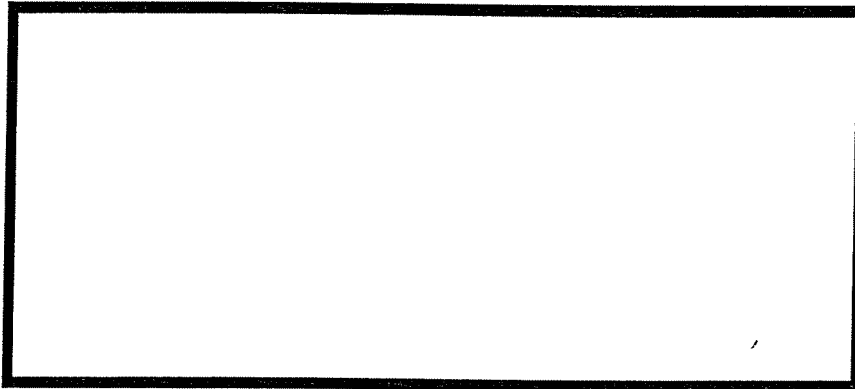
This week, I am going to: Go to the store

1. This shows how I felt when I did it :



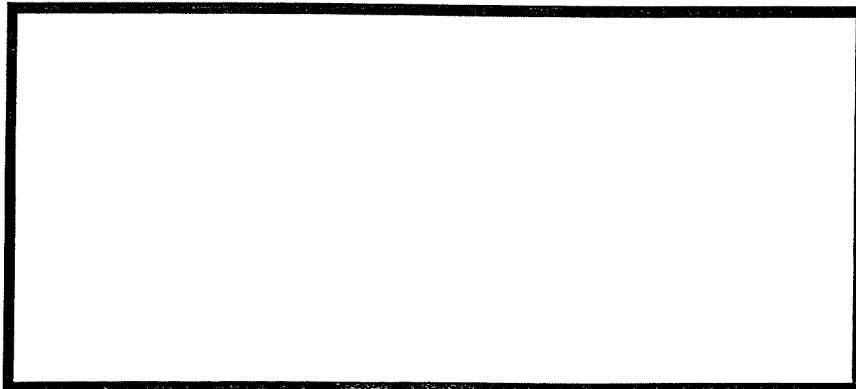
My Rating: _____

2. This shows how I felt when I did it:



My Rating: _____

3. This shows how I felt when I did it:



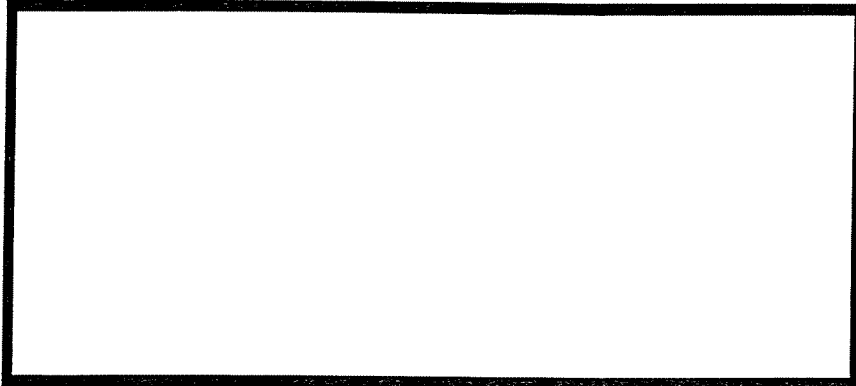
My Rating: _____

Assignment

NAME: _____

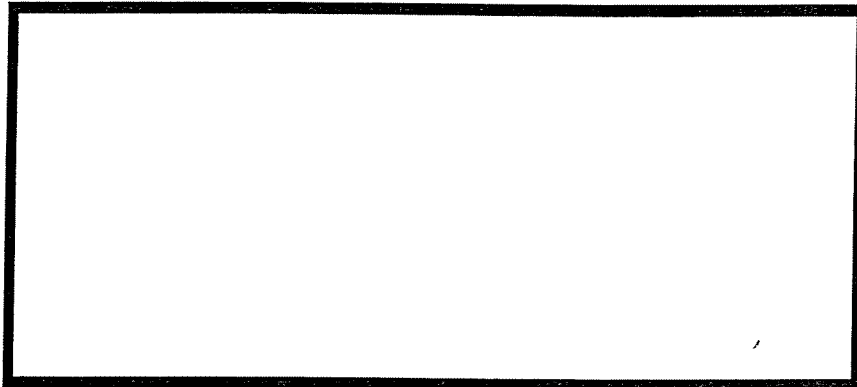
This week, I am going to: _____

1. This shows how I felt when I did it:



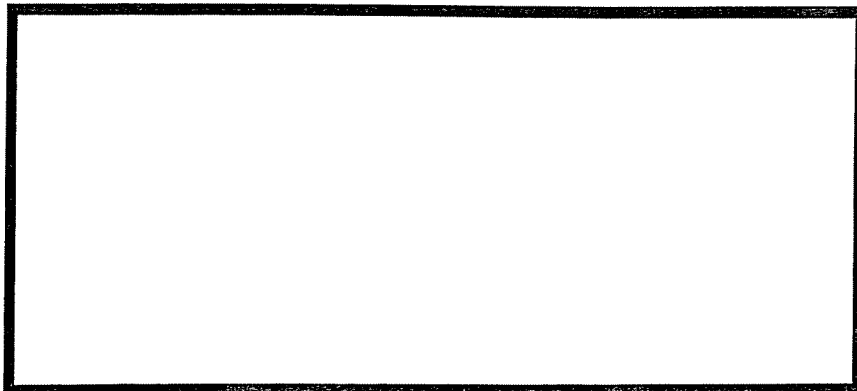
My Rating: _____

2. This shows how I felt when I did it:



My Rating: _____

3. This shows how I felt when I did it:



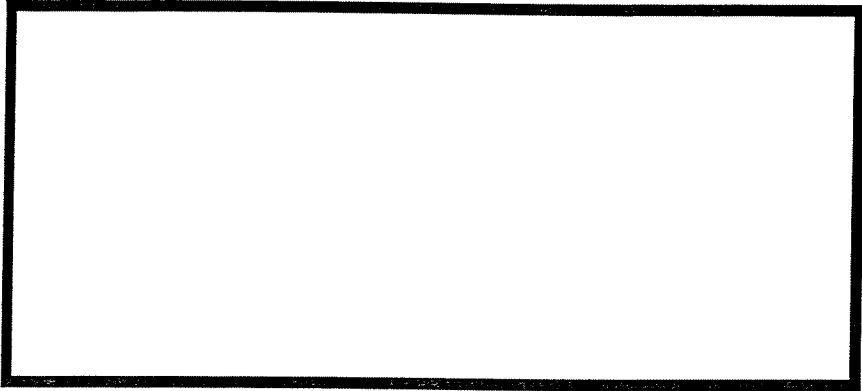
My Rating: _____

Assignment

NAME: _Ralph_____

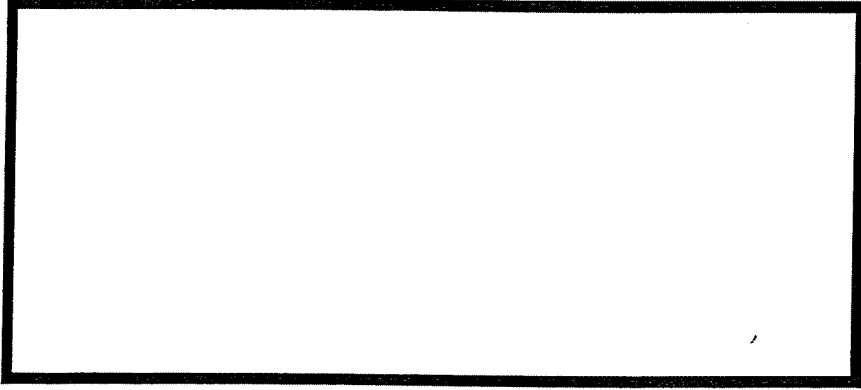
This week, I am going to: _____ Go to the store _____

1. This shows how I felt when I did it :



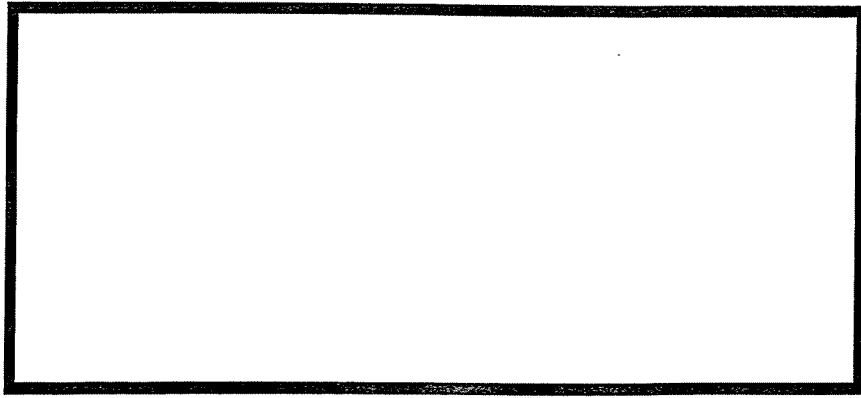
My Rating: _____

2. This shows how I felt when I did it:



My Rating: _____

3. This shows how I felt when I did it:

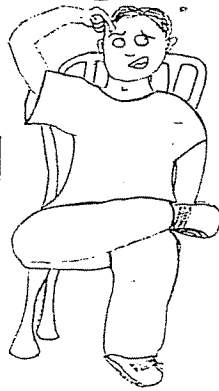
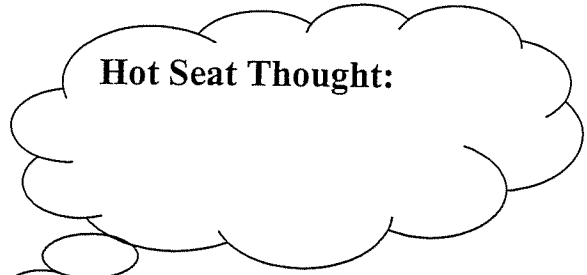
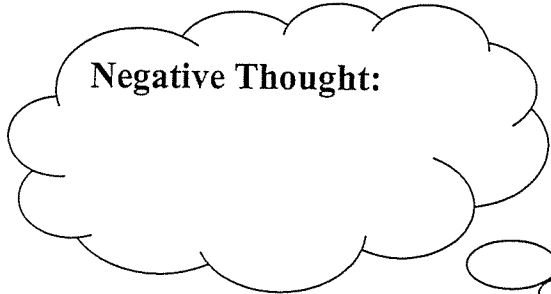


My Rating: _____

Problem-Solving Practice

NAME: _____

The Problem: _____



Things to do:

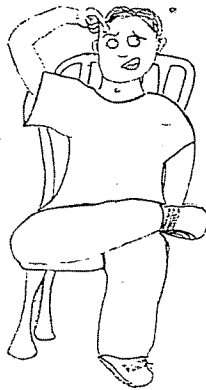
Problem-Solving Practice

NAME: Victor

The Problem: Kids Laugh at me

Negative Thought:
They are making fun
of my clothes

Hot Seat Thought:
Someone told a joke



Things to do:

Fight

Ask a friend why they are laughing

Ignore