

# Video Discussion Tip Sheet

## Chillax in my Head



1) Imagine a place where you feel happy and relaxed.



2) Think about what you can see, hear, smell, and touch when you are there.



3) Pretend to be there until you feel chillax in your head.



### Watch together! Then talk about:

### Practice together! Then talk about:

### Additional Tips

- ✓ Why was CJ feeling overwhelmed and anxious at the ice cream counter?
- ✓ Can you think of a time when you felt like CJ?
- ✓ How did CJ feel after trying Chillax in My Head?
- ✓ Can you think of a space where you feel calm and safe?

- ✓ What can you see, hear, smell, and touch in your happy place?
- ✓ How do you feel after practicing Chillax in My Head?
- ✓ What was your favorite part of Chillax in My Head? What parts were tricky?
- ✓ Where and when do you think you could use Chillax in My Head?

- ✓ If kids are struggling to think of a place, consider offering some examples - a place to complete a favorite hobby, a favorite store, somewhere in nature, or a comfortable spot at home.
- ✓ Model thinking of your happy place. Describe what you see, hear, smell, and touch.



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