

## **Functional Behavioral Analysis Activity:**

### **Needed Items**

1. Paper
2. Scissors
3. Markers/Colored Pencils
4. Your own expertise
5. Time and Creativity

### **Stats Page (Front):**

1. When did it start?
2. When is it the worst?
3. What is happening just before?
4. What is happening just after?
5. What makes it worse/better?
6. What are the physical triggers?
7. Who is present?
8. What time is it?
9. What coping skills are you using?
10. What are the adults (or peers) around doing before, after, during?
11. Where are you when this happens?

### **Stats Page (On the back):**

1. Relaxation Strategies:
2. Associated Cognitions: (Answered later)
3. Associated Feelings: (answered later)

*\*Decorate the page with cut outs, drawings, etc, of things that could be better for you if these symptoms went away or ways to make you feel better*

