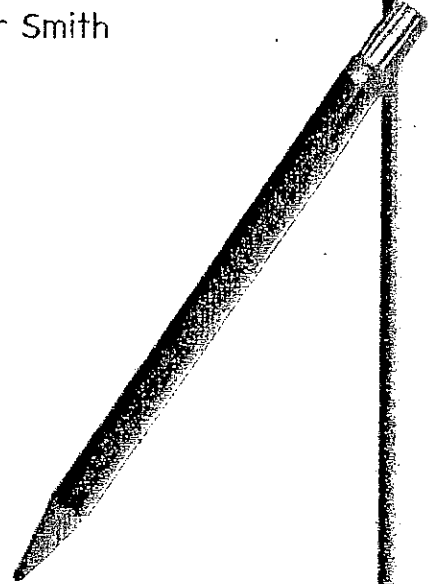
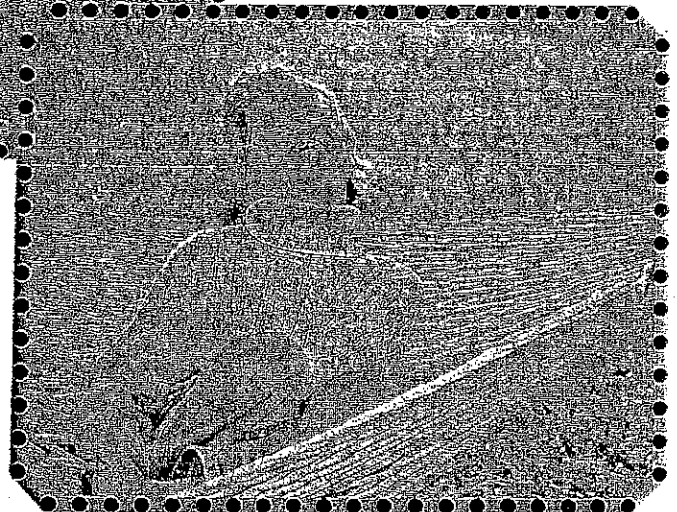


A WRAP Workbook for Kids | Wellness Recovery Action Plan

By Mary Ellen Copeland
With assistance from Esther Smith
and Hawk Wheelock

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Introducing...

WRAP for Kids



Esther Smith

This book will lead you through the process of developing your own Wellness Recovery Action Plan. You may be wondering what a Wellness Recovery Action Plan is. It is a plan for helping you feel good, and helping you to feel better if you are not feeling good. While you may want help from your parents, teachers or other important adults in your life, you are the one who develops and uses this plan. It belongs to

you. This book includes comments from two kids who have developed and used their own Wellness Recovery Action Plans, Esther Smith and Hawk Wheelock, both of whom are 10 years old.

Hawk Wheelock

This is your book. While you are not supposed to write in most books, this is a workbook so you can write in it if you want to. Or you could tape another sheet of paper over the page and write on that. That might be a good idea so that you can take that paper off and write a new page whenever you want to or need to.

Why would you want a Wellness Recovery Action Plan? You would want it so that you could be as happy and healthy as possible. As you develop and use your plan, you will learn things about yourself and about life that will help you have a happy and healthy life.

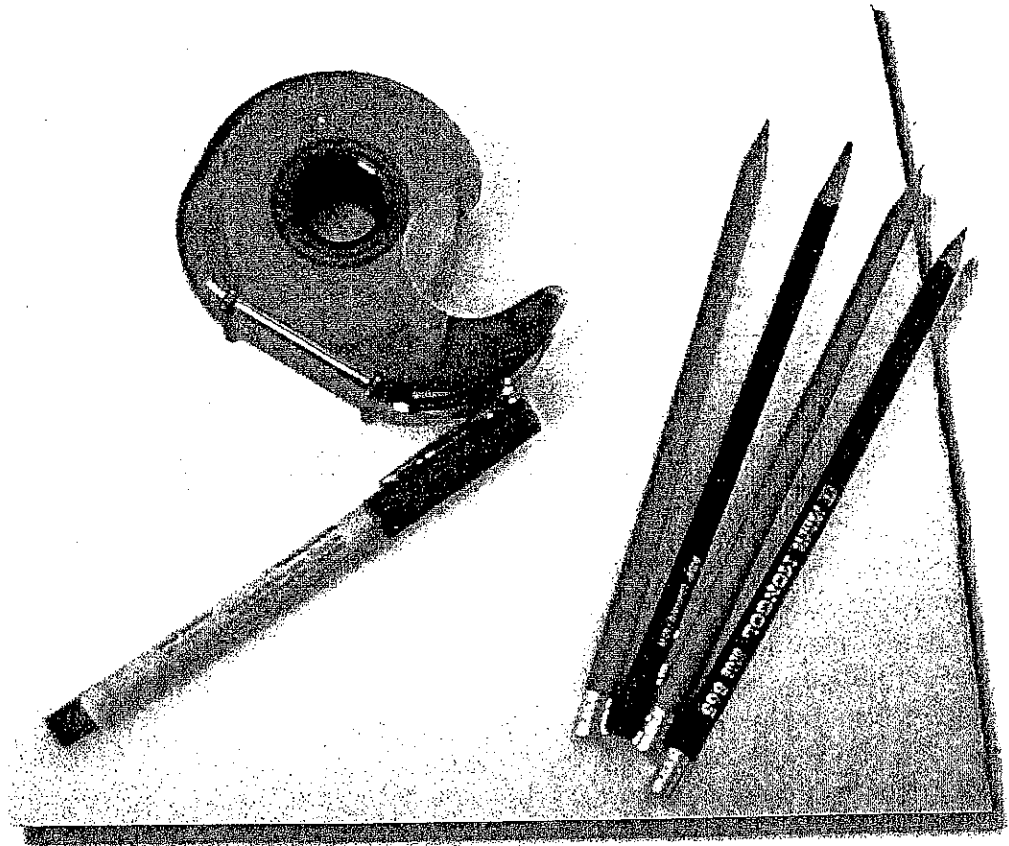


Comments from Esther and Hawk about how WRAP has been helpful to them:

Esther: WRAP helps you remember to do some things that would help that you may not remember.

Hawk: I used to have huge rages that I couldn't control and that went on for hours. WRAP has helped me figure out how I can take care of myself so that I explode less. WRAP also helps me so that when I do "lose" it, I can keep it under control better. I like having plans about how to keep in control. It makes it easier to be the person I want to be.

What do you need to get started? This book, a pen or pencil, maybe some crayons or colored pencils, extra sheets of paper and tape.

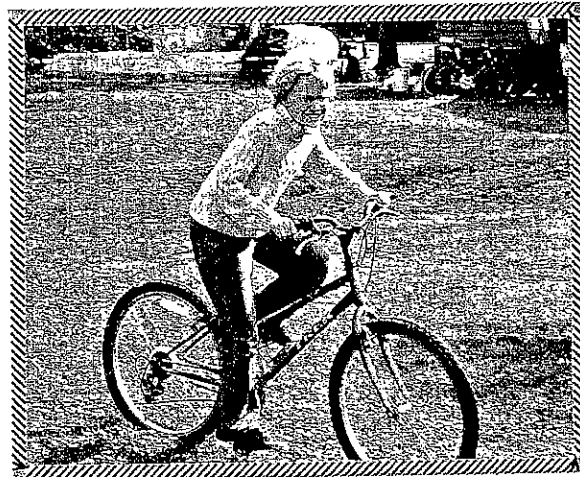


Wellness Tools

Begin by developing your own Wellness Toolbox. This is not really a toolbox. It is a list of things you can do to keep yourself happy and healthy. You can get an idea of the kinds of things you could put in your Wellness Toolbox from the lists that Hawk and Esther developed. Then you will probably think of many ideas for Wellness Tools of your own. You may want to include some of the things they have listed on your list. Or you may not. It is up to you.

Esther's List of Wellness Tools

- Ride my bike
- Swing in the hammock
- Read a book
- Listen to jazz
- Play the piano
- Brush my teeth
- Eat fruit
- Drink water
- Snuggle with stuffed animals
- Trace
- Make and play in camps in the woods
- Build something with Legos or Playmobile
- Make believe I am another person or a horse
- Paint
- Go back to bed
- Run with the dog
- Give my sheep an apple
- Wear different colored socks
- Make cards
- Color
- Draw hills with sunsets
- Knit



- Spin
- Take a llama for a walk
- Spend time with Lydia (my younger sister)
- Go off somewhere by myself
- Talk to myself
- Snuggle with the dog



Hawk's list of Wellness Tools

Pet my dog

Talk about my feelings with my parents

Swing

Ask my Mom to tell me what is going to happen so I know what to expect

Chew gum to concentrate

Something warm or cold on my body

Snuggle with my parents

Sports

Imaginary games

Charts showing my progress

Plan with calendars or charts

Feel textures I like

Keep stones in my pocket

Play board games

Pile pillows and blankets on top of myself

Be alone

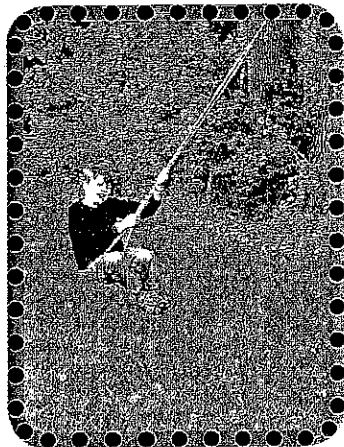
Ride my bike

Lie under my weighted blanket

Watch movies in bed with Mom and Dad

Throw rocks in the river

Yell my feelings to the river



Compare new things to things I've already done that aren't so scary

Say "Oops, I've made a mistake—no big deal."

Hide under my bed or a pile of pillows until I feel better.

Ask my Mom to let me be in charge of something so I don't feel so out of control

Be alone for a bit, regroup, and then join others

Talk about my stress level and my worries with my Mom

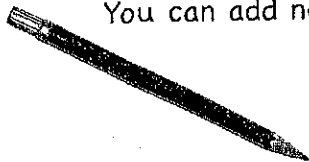


Run around outdoors or swing and jump
Talk about my feelings in that instant
Do relaxation exercises
Be alone until I am sure I won't hurt
anybody or anything
Wrestle with my Dad
Stop, Breathe, Ask for help quietly
Lie under my bean bag chair
Run around really hard and fast
Crash into pillows
Play with people I can trust
Take a break
Ask for help or reassurance
Chew gum

Take a shower
Curl up inside my fort
List things I do well
Cover my ears
Thinking about good things
Look at books
Drink ice water while I do my
homework
Cry
Build with Legos
Hide under my bed
Call my therapist/friend
Tell my parents what is upsetting
me
A family time out—everyone goes
to a separate place until everyone
is calm
Draw out my scary feelings and
share them with someone I trust



Make your list of Wellness Tools here:
You can add new Wellness Tools to your list anytime you want to.



My Wellness Tools

When You Feel Good

Now that you have your list of Wellness Tools, think about how you feel when you feel really good. Here is how Hawk and Esther feel when they feel really good.

How Hawk feels when he feels really good:

Light

Happy

I listen to other people

I do what people want or need without arguing

I do not need to hide as much

Relaxed

I feel like I can run and play and be free

I am more able to speak about my feelings

I feel brave

I feel like I can do anything

I only get angry when there's really something to be mad about

I feel like things are easier



How Esther feels when she feels really good

I jump

I smile

I run around

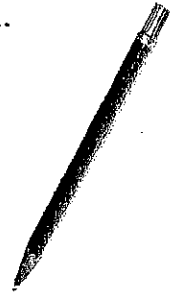
I laugh a lot

I feel good



Now write your own description of what you feel like when you feel really good. You can make a list of words, write a paragraph, draw pictures or even paste in a picture of yourself when you were feeling really good.

How I feel when I feel really good



Things to do Every Day

Next, looking back to your list of Wellness Tools, you can make a list of the things you need to do every day to stay as happy and healthy as possible, like: Every day I need to take a shower, eat three healthy meals and get some exercise. You may get some ideas from Esther and Hawks' lists before you begin your own:


Esther:

- Eat breakfast
- Brush my teeth
- Drink water
- Listen to jazz
- Eat fruit
- Run with my dog
- Play make believe



Hawk:

- Be active—sports, playing imaginary games
- Keep a routine
- Complete something
- Be with my family
- Play with cars

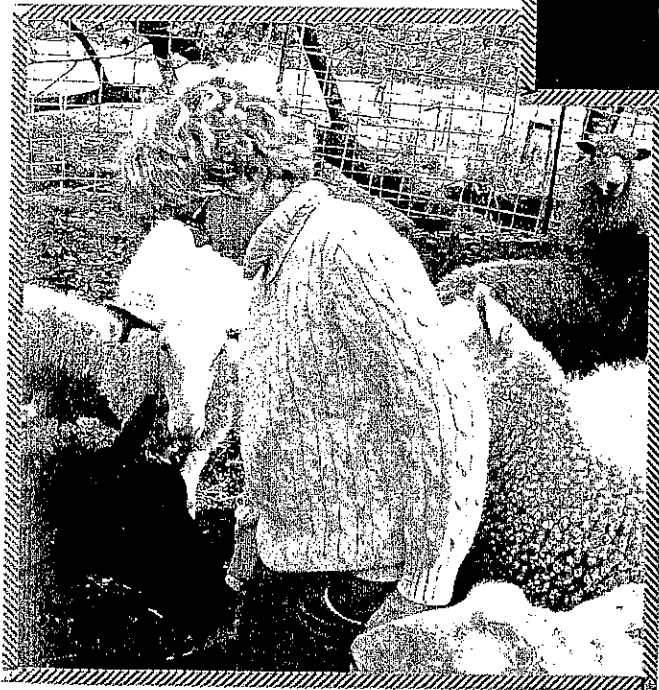


My list of things to do everyday

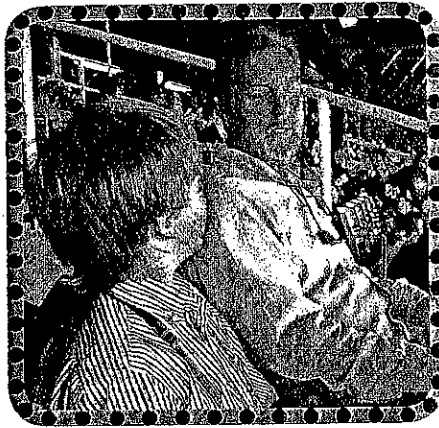
The next list is a might need or want to do list. There are some things you don't need to do every day, but you need to do it sometimes. Or it might be something you want to do but don't get to it. I like to draw pictures but lots of times I don't do it because I forget and fill my time with other things. My list reminds me to draw pictures sometimes. Before writing your list, see what Esther and Hawk have put on this list.

Esther's might need or want to do list.

- Ride my bike
- Ride in the hammock
- Go to the library
- Play the piano
- Snuggle with my stuffed animals
- Give my sheep an apple
- Build something with Legos or Playmobile
- Make cards
- Draw
- Color



- Paint
- Draw hills with sunsets
- Knit
- Spin
- Take a llama for a walk
- Climb a tree
- Clean my room
- Send a card to somebody
- Make birthday gifts for people
- Write stories



Hawk's might need or want to do list:

Go to the racetrack with Dad.

Watch movies

Run with my dog

Be outdoors with my Mom and Dad

Play board games

Have a "sick day" without being sick



My might need or want to do list:

Stressful Events

A stressful event is something that happens to you, that you see happening, or that you hear about that you don't expect, and that makes you feel upset, sad, grumpy, confused, afraid, or some other way that you don't like to feel. These feelings are natural and everyone has them from time to time. If they go on too long and make you feel badly, you may want take some action to help yourself feel better.

First make a list of things that, if they happened to you, might make you feel badly. You can get ideas from Hawk' and Esther's lists.



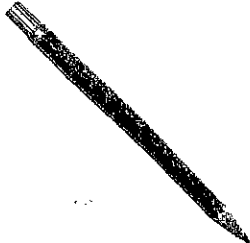
Hawk's list of Stressful Events

- Biological dad visiting
- People not playing fair
- Being rushed
- Doing something new
- Making mistakes
- Getting confused
- Making a mistake in my school work
- Being told that I can't do something that I was promised
- Wanting to do something I can't do
- Not being understood
- People not telling me the truth about my behavior

Esther's list of Stressful Events

- Not being allowed to go outside
- Not being allowed to go barefoot when it's hot
- My stuffed animals getting lost
- Somebody saying something mean about me
- Animals dying that I am fond of





My list of stressful events

Next you will want to make a list of things you can do to help yourself feel better when you feel badly from stressful events. These are your Wellness Tools for dealing with Stressful Events. Esther's and Hawk's lists may help you.

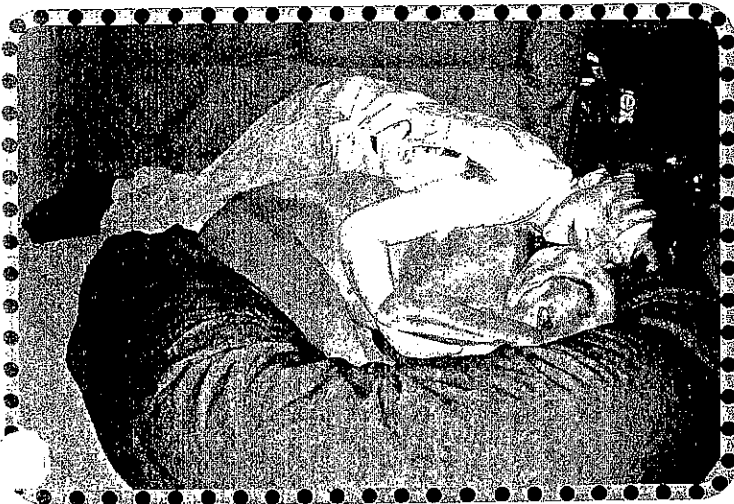
Esther's list of actions to take to feel better

- Ride my bike
- Swing in the hammock
- Go off somewhere by myself
- Read a book
- Talk to myself
- Listen to jazz
- Eat fruit
- Snuggle with my stuffed animals
- Give a sheep an apple
- Make believe I am another person or a horse
- Color



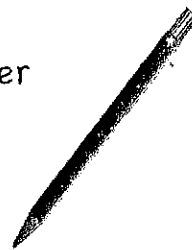
Hawk's list of actions to take to feel better

- Yell my feelings to the river
- Cover my ears
- Think about good things
- Compare new things to things I've already done that aren't so scary



- Say, "Oops, I've made a mistake—no big deal"
- Hide under my bed or a pile of pillows until I feel better
- Take deep breaths
- Run around outdoors
- Cry
- Pet my dog

My list of actions to take to feel better



Early Warning Signs

Sometimes you may notice that you feel badly and you don't know why. These are called early warning signs that you need to pay attention and do some things to help yourself feel better so you won't start feeling worse. Esther and Hawk's early warning signs and actions to take if you have early warning signs will help you understand what they are so you can make your own list of early warning signs and actions. Your Wellness Toolbox will also have lots of ideas for your action list.

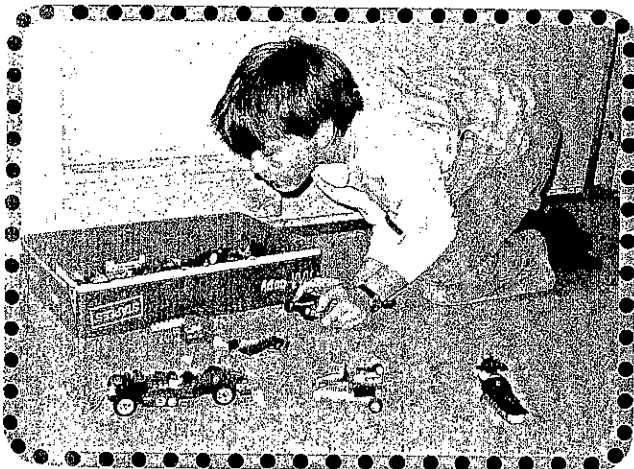
Esther's list of early warning signs

- Really tired
- Get annoyed with things quickly
- Don't want to get up in the morning
- Sort of feeling hungry but when I go to eat I'm not hungry
- A little sore throat
- Headaches
- Aches and pains

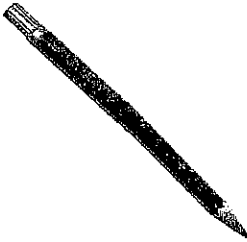


Hawk's list of early warning signs

- Lining up my cars on the carpet
- I'm really distracted so I can't finish what I start
- I get defensive about tiny, little things
- I try to make my parents do what I want



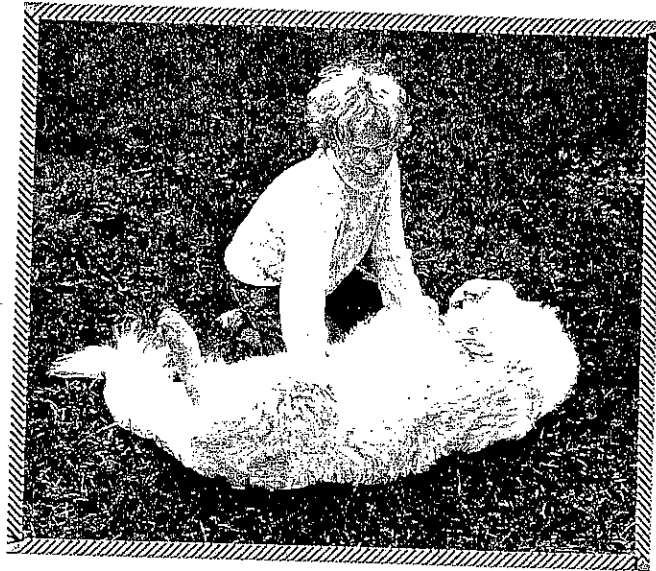
- I get so rigid and controlling I can't do my school work
- I interrupt a lot and can't stop
- I crave a lot of physical contact both good (hugs) and bad (hitting)
- I need to chew constantly
- I constantly point out other people's mistakes but I can't stand being told I've done anything incorrectly



My list of early warning signs

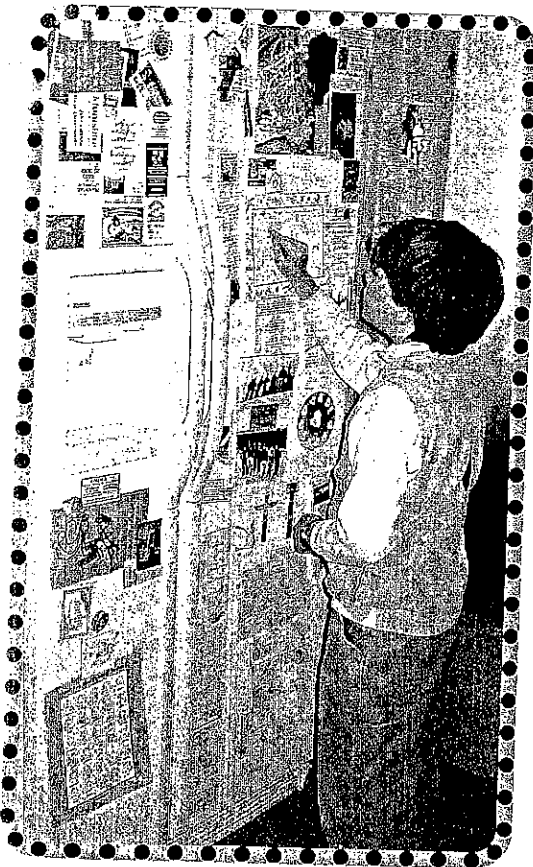
Esther's early warning sign action list


- Drink more water
- Get a lot of sleep
- Snuggle with my stuffed animals
- Read a book
- Listen to jazz
- Eat fruit
- Snuggle with the dog
- Coloring
- Drawing hills with sunsets



Hawk's early warning sign action list

- Ask my Mom to let me be in charge of something so I don't feel so out of control
- Take a break
- Ask for help or reassurance
- Be alone for a bit, regroup, and then join others
- Talk about my stress level and my worriedness with my Mom
- Chew gum
- Ask for hugs and snuggles
- Wrestle with my Dad
- Run around outside or swing and jump
- Talk about my feelings in that instant
- Do relaxation exercises





My early warning sign action list

When I Am Feeling Really Awful



Sometimes you may feel really badly. Maybe you know why, maybe you don't. Sometimes when you feel really badly, you may think you will always feel that way. But you don't have to feel that way. Sometimes you can do things that will help you feel better quickly. Sometimes it will take longer and you will have to do more things to help yourself feel better. But don't give up. Just keep working on it. You can use the lists developed by Esther and Hawk to help you remember how you feel

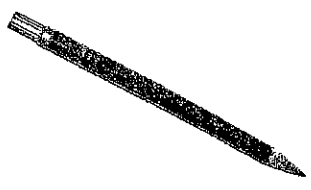
when you are really feeling awful, and things you can do to help yourself feel better when you are really feeling awful.

Hawk's list of how he feels when he feels really awful

- | | |
|--|--|
| Behave inappropriately | Use bad words |
| Break rules I know about | Feel out of control |
| When I make a mistake or break a rule, I don't stop doing it. I do it again even though I don't want to. | Feel like my body is in control and my mind is locked inside |
| Scream and yell | Feel like everybody is out to get me |
| Hit my Mom | Go back to bed |
| Ruin things I care about | Go off by myself |
| Do mean things | Ride my bike |

Esther's list of how she feels when she feels really awful

- | | |
|-----------------------|-----------------------|
| Cough a lot | Bad headaches |
| Eyes are bothering me | Can't clear my throat |
| Feel really mad | |



My list of signs I'm feeling really awful

Esther's list of things she can do to help herself feel better when she feels really awful

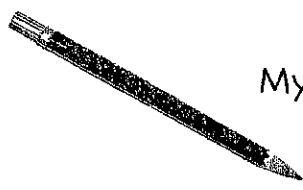


- Ride in the hammock
- Read a book
- Listen to jazz
- Drink water
- Snuggle with my stuffed animals

Hawk's list of things he can do to help himself feel better when he feels really awful

- Be alone until I am sure I won't hurt anybody or anything
- Stop. Breathe. Ask for help quietly.
- Take a shower
- Lie under my beanbag chair
- Curl up inside my fort
- Run around really hard and fast
- Call my therapist/friend
- Tell my parents what is upsetting me
- A family time out—everyone goes to a separate place until everyone is calm
- Draw out my scary feelings and share them with someone I trust





My list of things to do when I feel really awful

Using Your WRAP

You have finished your WRAP for now. You may want to change it or even write a new one for yourself as you get older and your life changes.

When you first have your plan, you may want to review it each day. You could copy the pages that have your own lists on them and make them into a book for easy use. After you have used it for some time, you will notice that you don't have to look at it as often, that you will know what to do to help yourself and take care of yourself in all kinds of situations.

You may find that using your WRAP will help keep you out of trouble.

For instance, a stressful event for you might be when someone calls you a nasty name. You may feel like hitting them. But instead, you might tell them that you don't like being treated that way and walk away.

Or you may be sure to brush your teeth, eat healthy meals and get some exercise each day, and discover that you usually feel well.

As a kid, you are doing the best you can to take good care of yourself and to behave well. It is much easier if you have adults in your life who care a lot about you, who do fun things with you and who can help you in difficult times. It can be your parents or other relatives, friends, neighbors or teachers. You may even have older brothers and sisters who treat you well and help you out. My grandmother was a person like that for me when I was growing up. I could talk to her and she would listen. She gave me ideas on how I could handle difficult situations in my life. I could tell that she loved me.

Who are the adults in your life who care about you and who can help you with your WRAP?

Esther's list of people who can help her with her WRAP.



Mama
Daddy
Hannah (older sister)
Uncle Warren
Grandpa Ed
Grandma Peach

Hawk's list of people who can help him with his WRAP:

Mom
Dad
Jane
Lyn
Dr. Chin
Cathy
Ahnee
Aki



You may want to show them your WRAP and get even more ideas from them on how you can take good care of yourself. Talk to them about it when you are having difficulties and don't know what to do. They can give you ideas.

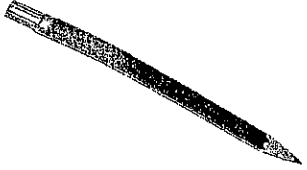
And one of your most important Wellness Tools can be:

Talk to an adult that I trust

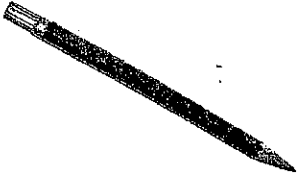
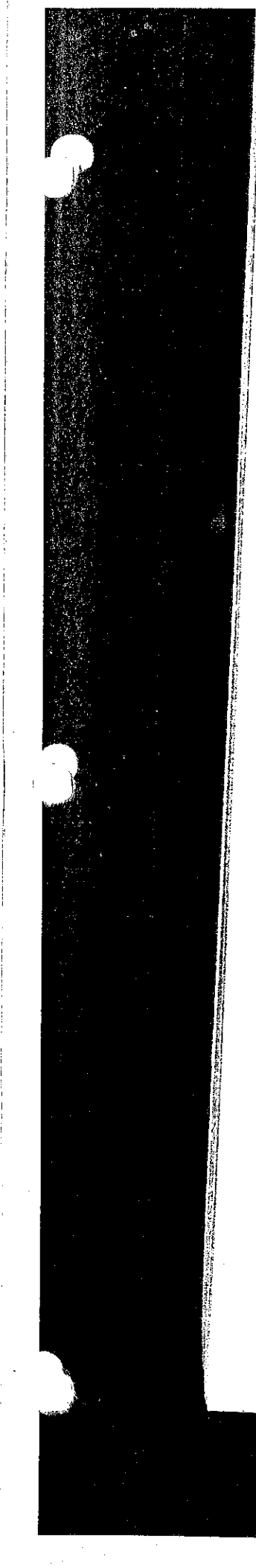
Others might be:

Tell a trusted adult if anyone treats me badly

Stay away from people who treat me badly



Notes



Notes

A WRAP Workbook for Kids

With the help of two great kids, Hawk and Esther, this delightful book will guide a child through the process of developing their own Wellness Recovery Action Plan. It will help them discover all the things they can do to feel good, stay well and even feel better when the going is hard. It starts with listing all those good and fun things that they can use to develop their action plans, like running with the dog, coloring and talking to a friend.

Then, using these tools, the book guides them through the process of listing:

- What they need to do every day to stay healthy and well

- Things that might upset them and what they can do if these things do happen

- Signs that they are not feeling well and things they can do to help themselves feel better

- Signs that things are going really badly and things that they can do to make the situation better

Once they have completed their WRAP, they will have a powerful personal guide to daily living. As they get older they may want to revise or update their plans or develop new ones.

As children develop and use these plans it helps to have supportive parents, teachers and other adults who provide encouragement and praise as they grow, change, make good decisions and take positive action on their own behalf.

Developing a WRAP is creative, fun and life changing for everyone involved.

"I am so excited about WRAP for KIDS. Since WRAP was developed over ten years ago, I have thought it would be a wonderful tool for children. When you are young is a great time to learn how to take care of yourself and how to help yourself feel better. WRAP can become a tool to be used throughout life to stay well, to recover if needed, and to meet life goals and dreams."

Mary Ellen Copeland

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