

# BACK UP

## lesson guide

A grownup's guide to supporting children and youth with regulation skills.

(these lessons are to be used after you have read Back Up, Wonder Pup)



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# lesson guide

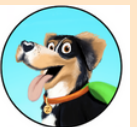
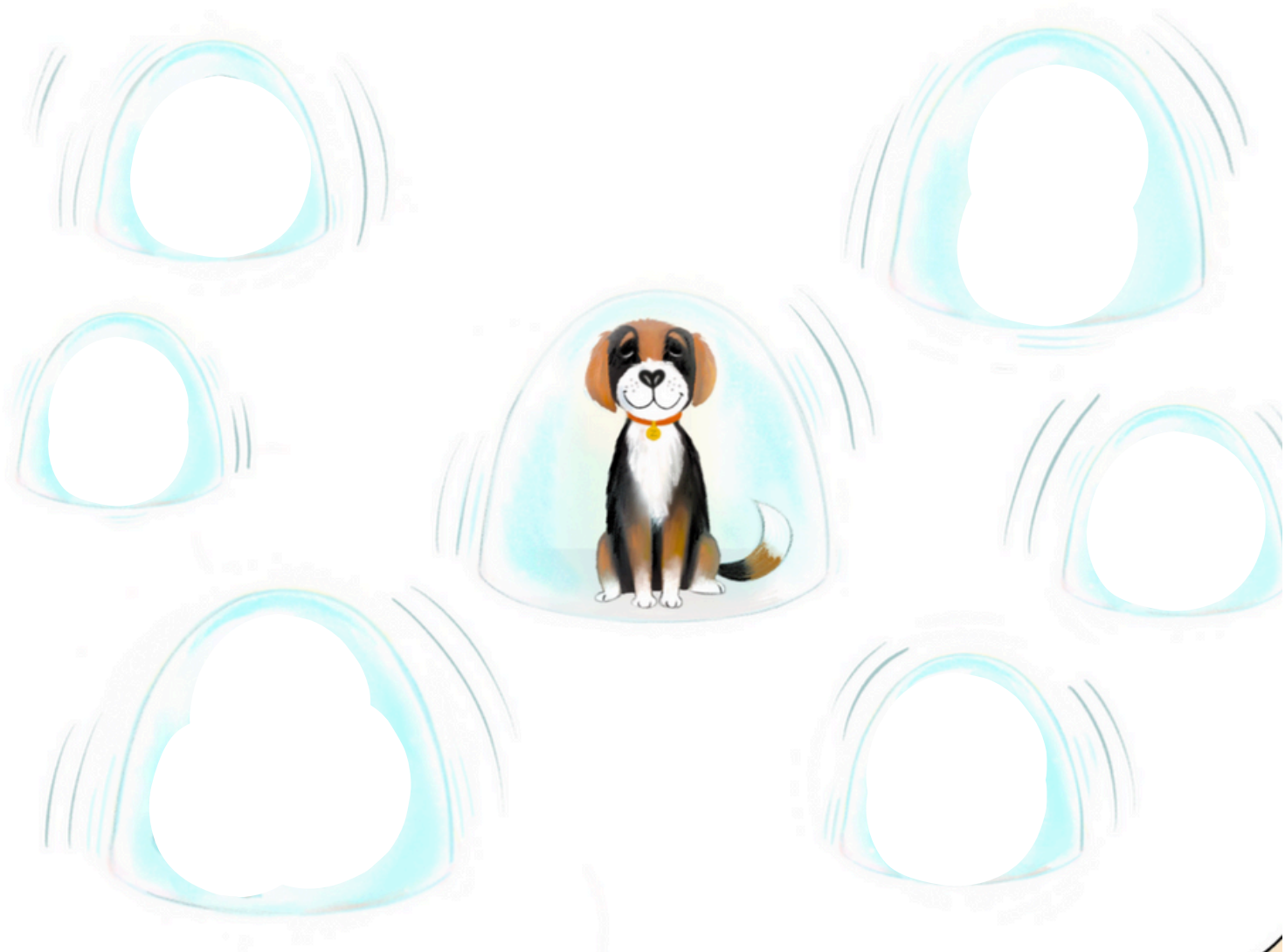
for visualizing  
personal space



**DRAW YOURSELF IN YOUR OWN  
INVISIBLE FORCE FIELD:**



**DRAW YOURSELF AND YOUR FRIENDS IN  
THEIR OWN INVISIBLE FORCE FIELDS:**





# lesson guide

for visualizing  
safety force fields

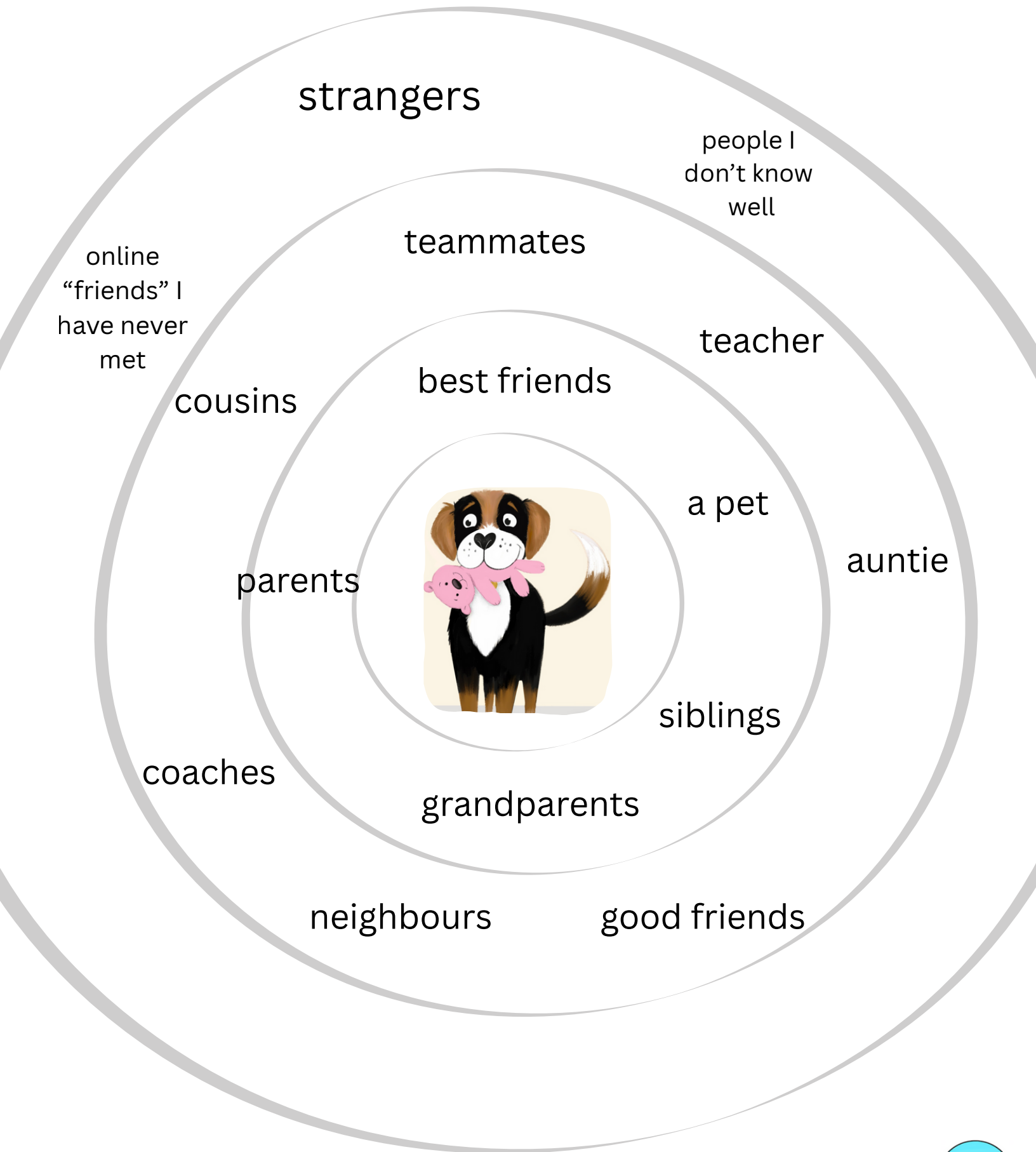


## INSTRUCTIONS:

1. DRAW YOURSELF IN THE MIDDLE CIRCLE.
2. IN THE CIRCLE CLOSEST TO YOU WRITE OR DRAW PICTURES OF THOSE THAT YOU ARE CLOSEST WITH. PEOPLE HERE CAN HUG YOU, SIT NEXT TO YOU, BORROW YOUR THINGS, AND HEAR YOUR PRIVATE THOUGHTS.
3. IN THE NEXT CIRCLE WRITE OR DRAW PICTURES OF PEOPLE YOU CAN TALK TO, LAUGH WITH, AND WORK TOGETHER WITH. IT CAN BE UNCOMFORTABLE IF THEY GET TOO CLOSE.
4. THE LAST CIRCLE IS YOUR SAFETY ZONE. YOU DO NOT SHARE PERSONAL INFORMATION WITH THESE PEOPLE, AND ONLY



# SAFETY FORCE FIELD EXAMPLE:



# 'S SAFETY FORCE FIELD:

who fits in your third force field?

who fits in your second force field?

who fits in your first force field?

draw yourself





# lesson guide

for perspective  
taking



## INSTRUCTIONS:

1. LOOK AT THE PICTURE.
2. WHAT DO YOU NOTICE?
3. HOW IS DRAPER FEELING?
4. HOW IS ZANE FEELING?
5. HOW WOULD YOU FEEL IF SOMEONE WAS  
IN YOUR PERSONAL SPACE?
6. DRAW A NEW PICTURE OF ZANE GIVING  
OTHERS THEIR PERSONAL SPACE.





DRAW A NEW PICTURE FOR EACH SCENE

