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JUMPSTART

2nd Grade Activity

Change Change

Help your child make sense of pennies, quarters, nickels and dimes with this simple and engaging activity.

You will need:

- 50 pennies (or as close to this as possible)
- 10 nickels (or as close to this as possible)
- 5 dimes
- 2 quarters
- Paper and pencil

Instructions:

- Write down a monetary value up to 50 cents.
- Ask your child to count out the number of pennies required to make this amount and write it down below the value as '___ pennies'.
- Ask your child whether there are enough pennies to replace with nickels. If yes, have your child replace all groups of five cents with nickels.
- Have your child write down this new combination below the previous one as '___ nickels and ___ pennies'.
- Ask your child whether there are enough nickels to replace with dimes. If yes, have your child replace every ten cents with a dime.
- Have your child write down this new combination below the previous one as '___ dimes, ___ nickels and ___ pennies'.
- Continue in this manner for quarters as well.
- Repeat this activity for other monetary values.

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Fantasy

1. IDENTIFY THE PICTURES:



_____ and _____

2. UNJUMBLE THE WORDS:

❖ esscprin _____

❖ itcwh _____

❖ rego _____

❖ ascle _____

❖ ignk _____

❖ eeunq _____

❖ wosrd _____

❖ airty _____

3. MATCH THE EXPRESSIONS TO FORM SENTENCES:

a) Witches have got

b) Kings have got

c) The princess is

d) Shreck is

e) Wizards have got

f) The fairy has got

g) Pegasus can

1. a green ogre

2. magic wands

3. a crown

4. two wings

5. big black hats

6. fly

7. beautiful and fragile

1. _____

2. _____

3. _____

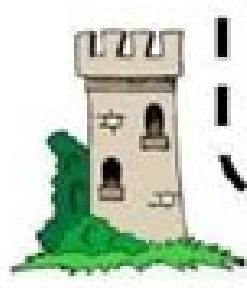
4. _____

5. _____

6. _____

7. _____

4. WRITE SIX SENTENCES ABOUT YOUR FAVOURITE FANTASTIC CREATURE



Exposure Diary

Record how you get on with each experience or exercise. Write down how anxious you feel at different times, before, during and after. Use a scale from 'not anxious' (0) to 'extremely anxious' (100). By practicing exposure you will find that your anxiety reduces over time.

	Time 1	Time 2	Time 3	Time 4	Time 5	Time 6	Time 7
Practice 1							
Practice 2							
Practice 3							
Practice 4							
Practice 5							
Practice 6							
Practice 7							
Practice 8							

Anxiety rated 0-100

What is commitment to change. Examples of commitment to change.

Acceptance and commitment therapy. Cognitive Defusion - This is a strategy of awareness that provides for the recognition of our psychological experiences objectively rather than perceive them as threats or reality perceived. The sele as observer interventions could incorporate any number of merger exercises, such as the meditation of the observer that we considered above, or could entail the work with the changing exercises of the perspective of metaphors for "despair of creation of despair" (Hayes et al., 1999). Becoming an observer of yourself is like being an anthropologist, but instead you are studying your psychological and physical experiences. Foody, M., Barnes-Holmes, Y., Barnes-Holmes, D., Tã éaal, N., Luciano, C., Stewart, I., & Mentaggart, C. after the first examples, you have " We will be able to create your questions about the same line. Even when we do not consciously adopt a role in the world around us, we are doing it. Tyndall, I., Waldeck, D., Pancani, L., Whelan, R., Roche , B., & Dawson, D. in this space, take note so that this figure is visual. This sheet of work has two parts. C., Strosahl, K. and Wilson, K. allows us to commit ourselves to more goals Great rather than being involved in past events and internal ongoing by strengthening our ability to accept and overcome our struggles. As an intervention, the first could be a single exercise or could entail the practice for a period of time. As an analytical framework and applied for The change of behavior, its potential uses cover a large envelope of work: in educational contexts, the law can be seen as It is a means of supporting students and teaching professionals with the general pressures of academic life (Gillard et al., 2018). New Harbinger publications. Begins by remembering some previous experiences in which you have avoided one an unwanted event or memory rather than recognizing or involving it. The beggar richly dressed and luxuriously treated is intensely grateful Delicious food that served and shares its party with other vagabonds. Parenting - what kind of mother or father aspires to be? The domains included are work/education, free time, relationships and personal growth/health. International Journal of Psychology. Try to break them down into three areas: a) physical and psychological feelings, b) self -critical or unproductive/unpleasant thoughts and c) visions and memories. A little earlier, I introduced the idea of metaphors. Even if they exist, we can still create cie to which we commit ourselves. Acceptance and commitment therapy: model, processes and results. National Association of Social Assistants (NASW). De Groot, F., Morns, M., & Dom, C. Letary? R. Psychological evaluation, 26 (1), 35. The categories and some example questions are, romantic relationships - What kind of partner would you ideally like? So, choose a goal related to this value - what you like to achieve and that allows you to evaluate your progress. Russ Harris, author of values and problems and problems, suggests that we can think of two critical categories when we aimed to reduce struggle and suffering in our life. Cognitive melting working sheets 4. Journal of Rational-Emotive and Cognitive-Behavior Therapy, 23 (2), 107-130. This sheet of work is adapted from leaving some non -verbal air in the room, an academic publication by Ciarrochi & Robb (2005). The means of the observer are not defined by the roles you have identified; Rather, it is the constant that can view the changes taking place. Koltko-Rivara, M. There are numerous variations of this intervention of values, but the original comes from the vignette of Hayes (2004) in a practical guide to acceptance and therapy of commitment. To this end, we present three useful exercises to help with practices such as cognitive fusion and aware awareness in everyday life. problematic: describes some some that you commit yourself to which they are harmful to time - things that: subtract energy, time or finances; prevent you from going forward in life; Keep from the things you prefer to do; Or do you have a harmful impact regarding health? Memories are only memories and emotions are only emotions that go and go. Let it go mean that it is floating in the surface of the water, but over time you will get the drift elsewhere in the pool. New York: New American Library. Sometimes a team player? Ethical code. Use these 3 metaphors how they are or adapt them according to the situation of your customers. What kind of professional relationships do you want to develop? C., Wilson, K. with 1 represents "a a real" and 7 for "always true", some example elements include: I care not to be able to control my concerns and feelings; It seems that most people are managing their lives better than me; And my painful memories prevent me from having a satisfying life. If the answer is no, it starts again with another appreciated goal. If you already have familiar with these as professionals, feel free to jump to the work sheets in this section. 3 Premises of acceptance therapy and commitment therapy for the relational frame (RFT) that our only human ability to evaluate, mentally connect and verbally communicate the phenomena can be as harmful as it is useful. Without interrupting or interrupting the phenomena you are studying, you must arouse information about these thoughts, emotions, memories and sensations. After this, they estimate how many times the thought came to mind. Under this, you and your client can work with a "dartboard" display in which they mark how they live their life in relation to "Bulls Eye"; their ideal way of living. The short experiential avoidance questionnaire: development and validation You know they don't make you favors and you want to get rid of get rid of you 3 The simple ACT exercises and the activities of Act interventions tend to be more effective when those subjected to treatment fully improve and label feelings and knowledge without being present a therapist. By arousing this "reduction" effect, this acceptance exercise allows therapists to help customers recognize it. 1. Problem emotions and thoughts: what self -criticisms, worries, thoughts, fears, memories or other thoughts tend to worry about? They should prefigure this verbalization with "I have". Therapists can work with customers to recognize when they are cognitively trying to escape anguish through common habits such as distraction or rumination (Maxs et al., 2007; Wolgast & Lundh, 2017). Or excessively generalizing? Meditations and guided scripts are useful for cognitive fusion. Family relationships - such as parenting above, these values concern relatives such as brothers, enlarged family members and so on. If they persist, remind you that you are just observing your experience. This growing awareness of the intervention of cognitive distortions works well in combination with awareness interventions in the field of Act therapy (Burns, 1980). A message to bring home compared to other positive psychology fields, Act is still a relatively young discipline. On the crossing of routes, they decide to exchange roles for twenty -four hours; The beggar puts the prince's clothes and is expected by him. Becoming self-sidening in order to perceive our emotions, sensations, thoughts and more as peripheral and dynamic is to move away from the alternative "where they define us (Koltko-Rivale, 2006). The third prompt of this work sheet asks them to for approximate the frequency with which he crossed the mind in that short period. From yourself that to Customer to observe something of something tangible and nearby could be a good start, or you could use the flow of breath as part of an exercise. Committed action à évelop "" Principle or process concerns the definition of the objectives and the idea is that these are long -term life objectives based on values. This uses words to cognitively defuse a painful or persistent thought that we could take too much literally and that could contribute to disturbing or anxiety. Skill that aspire to build further? The relationship between rumination, avoidance and depression in a non -clinical sample. Mindfulness, acceptance and positive psychology: the seven bases of wellness, 78-106. When you are ready to conclude, try to finish with the feeling of detached acceptance. (2016). Take several minutes to notice how you feel in your chest, in the lungs, while moving through the nose, throat and stomach. Building a practically useful theory of defining the objectives and motivation of the task. ACT professionals can therefore help customers commit and work with commitment to objectives through action. Like the observer of yourself, look, listen and simply note any turbulence that otherwise you could allow or define yourself. Acceptance and commitment therapy is also playing an growing role in sporting contexts, in which its impact on performance has shown the most promising results of hypnosis therapy (Fernã é ândez García et al., 2004). Starting from a standing location face to face with your customer, a sequence of actions-shaped on the spot begins or greets your arms, everything that can therefore be verbalized you while carrying out something completely different. It also works for body sensations. Fernã é Aldoç Garcã é a, R., Secodes Villa, R., Terrados Cepeda, N., Garcã é a Cueto, E., and Garcã é a Montes, J. Don think about your thoughts suppression of the work sheet and avoidance of elusion over time. If you are working with this exercise for yourself, you will find one Useful theorist and examples to start. A practical guide to acceptance and commitment therapy. L. Springer Science & Business Media. (1999). How how Gently trace this mini-exercise at the end, try to remember how this conscious state feels every time you feel excessively with a thought or an emotion during the day. At the beginning it could be difficult to articulate, but he tries to shorten it in a phrase that really reaches the heart of the problem. Throughout the day, you could try to evoke the mentality of an observer rather than a reactor. & Zittle, R. What is exciting for you? Behavior Therapy, 42 (4), 676-688. The prince changes in the beggar rags and is driven out on the street. Gently remove your attention from the internal processes and begin to notice the sounds that otherwise you may not have paid attention to. Without an awareness of the cognitive distortions in the first place, we are difficult to do. (2004). Not this, not that exercise here is a short but sweet activity designed to encourage an autocombo perspective. The consultancy psychologist, 40 (7), 976-1002. This time preceding painful thought with "I noticed that I thought that ...". So, "I know that I'm thinking that I am an indifferent partner". A caregiver? Acceptance and commitment therapy (Act) and addiction: a review of literature. For example, an application to become an observer could resemble this: reflect on the roles he interpreted daily ", are you a mother? Clinically, the ACT is used in the treatment of addiction and trauma, the latter of which it brings us back almost At full cycle to individual therapy (De Groot et al.,

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