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My RADE plan

Recognize

My signs that my anger could become out of control or excessive are:

.....
.....
.....
.....

Physical signs:

.....
.....
.....
.....

Avoid

When I recognize the signs above I know that I could make the situation much worse if I react, so I will avoid acting and leave the scene.

At home, I will go to

In school, I will go to

The following members of staff might be on hand to help me:

When I am away from the scene, I will try to bring my anger to a manageable level, so I will aim to

Distract

I will distract myself by doing one or more of the following activities.

At home, I could

.

At school, I could

.

I will also try to regulate my breathing.

Exhale

I will try breathing exercises such as box breathing or belly breathing.

Homework

Try to use RADE for one week. Discuss with your mentor or a trusted adult how you think it went. It will take practice and time to become used to using this.

Understanding my triggers for anger

Either in the session or for homework, think of a time this week that you became very angry. There may be one occasion that immediately comes to mind, but there may have been others as well. Consider factors such as how tired or frazzled you might have been and how noisy the room you were in. Here is an example:

Day	Situation/time/place	Main reason – What made me angry?	Underlying thought or feeling or state	Underlying physical/sensory factors (tired, hungry, too much noise)
Monday	At home in the evening with everyone watching TV	Sister kept throwing balls of paper at me	I felt ignored. She never listens when I say stop	I had a hard day at school; I was tired; the TV was noisy

Look at the examples below of what this person said they could do to try and reduce this happening again.

- 'I need my older brothers and sisters to listen to me and take me seriously when I find something annoying – I need to tell Mum and Dad to tell them to listen.'
- 'I get very irritated at home by my younger sister. I need to find ways to feel more relaxed after school. I find running helps me.'
- 'I need to spend less time gaming as I get very irritated when I lose and I hyper-focus too much and get in a bad mood afterwards. I could try to watch some comedies instead.'

Fill out the table below yourself, using the example as a guide.

Day	Situation/time/place	Main reason – What made me angry?	Underlying thought or feeling or state	Underlying physical/sensory factors (tired, hungry, too much noise)

What could I have done to minimize the situation?
.
.

To communicate boundaries more clearly, I will...
.
.

To relax in the evening, I will...
.
.

At school, I will ask for accommodations, including...
.
.

Challenging anxiety flowchart

Event that prompts anxiety

My fear

.....
.....



So what?

.....
.....



So what?

.....
.....



So what?

.....
.....



So what?

.....
.....

Fear	Challenge the fear

The CAMPER timetable

Check the box next to any of the statements you agree with.

- I am more emotionally reactive than usual – I am getting annoyed, angry or overwhelmed more easily by small irritations and frustrations.
- I am scrolling on social media for longer periods of time than usual.
- I feel really bored most of the time.
- I am ‘tuning out’ more often – my mind is wandering a lot and I am daydreaming much more.
- It is hard to unwind at night and fall asleep and I stay awake for longer before I sleep.
- I am arguing more with family or friends.
- I am second guessing myself more in social situations and I dwell on what I said or did afterwards.
- My breathing is shallower – I am taking short, quick breaths more often. Sometimes, I feel my back or head is tense.
- I find it even harder than usual to get started on things I need to do, like showering.
- I always feel like there is too much to do and I am playing catch up.

I have ticked four or more.

I will start the CAMPER plan for 1 / 2 / 3 / 4 days or 1 / 2 weeks (circle as appropriate).

CAMPER will start on (insert the date):

Compassion

Think of activities, affirmations and thoughts you will have that help you develop a more compassionate mindset.

To show compassion to myself during the CAMPER plan, I will do the following five things on a daily basis:

- I will
.

- I will

- I will

- I will

- I will

Air

To help regulate my nervous system and slow my breathing down, I will do breathing exercises (belly breathing or box breathing) for two to five minutes.

- Any time I feel my breathing is too shallow
- Once a day
- Twice a day
- Three times a day
- Other:

Fresh air

To get one to two hours of fresh air a day, I will do the following:

On day 1 of CAMPER, I will...

- Go for a walk in the morning
- Go for a bike ride
- Other:

On day 2, I will

Mindful activities

During the CAMPER plan, I will do these activities. (Write down no more than three activities per day.)
The fewer activities you add, the easier it is.

- Day 1:

- Day 2:

- Day 3:

Exercise

To increase my exercise or movement, I will try to do at least 5 to 10 minutes a day of the following exercise or movement:

- Yoga
- Fast walking
- Bike ride
- Other:

Rest

To clear some space to rest and relax, I may need to ask for an extension or extra time for the following tasks:

.
.

I will ask this person to help me with the following tasks:

.
.

A stress checklist

It can be hard to recognize the early signs of stress and 'burnout'. The stress checklist can help you recognize if you are too stressed.

- I am more emotionally reactive than usual – I am getting annoyed, angry or overwhelmed more easily by small irritations and frustrations.
- I am scrolling on social media for longer periods of time than usual.
- I feel really bored most of the time.
- I am 'tuning out' more often – my mind is wandering a lot and I am daydreaming much more.
- It is hard to unwind at night and fall asleep and I stay awake for longer before I sleep.
- I am arguing more with family or friends.
- I am second guessing myself more in social situations and I dwell on what I said or did afterwards.
- My breathing is shallower – I am taking short, quick breaths more often. Sometimes, I feel my back or head is tense.
- I find it even harder than usual to get started on things I need to do, like showering.
- I always feel like there is too much to do and I am playing catch up.

If you ticked five or more of these statements, use the CAMPER plan.