



Go-To-Gadget



 **GTG**



The Go-To-Gadget

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Camp Cope-A-Lot Map



Welcome to Camp Cope-A-Lot!



We're so glad you're here. Join us as we go through the weeks at camp and learn a lot about how to try new things and how to feel better when you're worried or scared.

Keep this Go-to-Gadget safe and bring it with you each time you start a new Level. You can complete the Go-To-Gadget activities each week after finishing a Level. This will help you prepare for the next Level and will help you remember what you learned.

We hope you think Camp Cope-A-Lot is fun and helpful. We can't wait to see you at camp!

Level 1: TO CAMP COPE-A-LOT



Sometime before the next Cope-A-Lot contest, take a moment to insert your response here.



When it's time for the contest, you can use your Go-To-Gadget to help you remember. That way you'll be sure to win GameTime!



Prep for Level 2 at Camp Cope-A-Lot

Level 2 at Camp will be about thoughts and feelings. For this GTG activity, tell us about a time when you really enjoyed yourself. Tell us about the situation, what you were thinking at that time, and how you felt.

Example: Here's Mike's example of when he felt good:



"If it were me, I'd talk about when I visited my friend's house and we went to the movies. I felt really happy and remember thinking 'I'm lucky to have such a good friend.'"

Situation	Thought	Feeling
When I visited my friend's house and we went to the movies.	I'm lucky to have such a good friend.	I felt really happy.

Below, write about the time you felt good.

Now put the situation, what you were thinking, and how you were feeling in the boxes below.

Situation	Thought	Feeling

Level 2: AT THE CARNIVAL



Ask yourself, "Am I Feeling Frightened?" When you figure out what your body is telling you, you can decide what to do next.



Practice for Level 2 at Camp Cope-A-Lot

This week at Camp Cope-A-Lot, we ~~are~~ ^{are} talking about different types of feelings. In the spaces provided here, write ways you can tell by looking at someone if they are Excited, Disappointed, Anxious, or Relaxed.



F = Feeling frightened?



Example:			
They're smiling			
Excited	Disappointed	Anxious	Relaxed

Level 3: BY THE WATERFALL



Sandy says relaxation is a great thing to do any time you're feeling tense or really stressed out, or when your body is telling you that you're feeling anxious.

If you ask yourself "Am I Feeling Frightened?" and the answer is "Yes!" Then it may be time to do some relaxation. Follow these steps any time you want to relax.



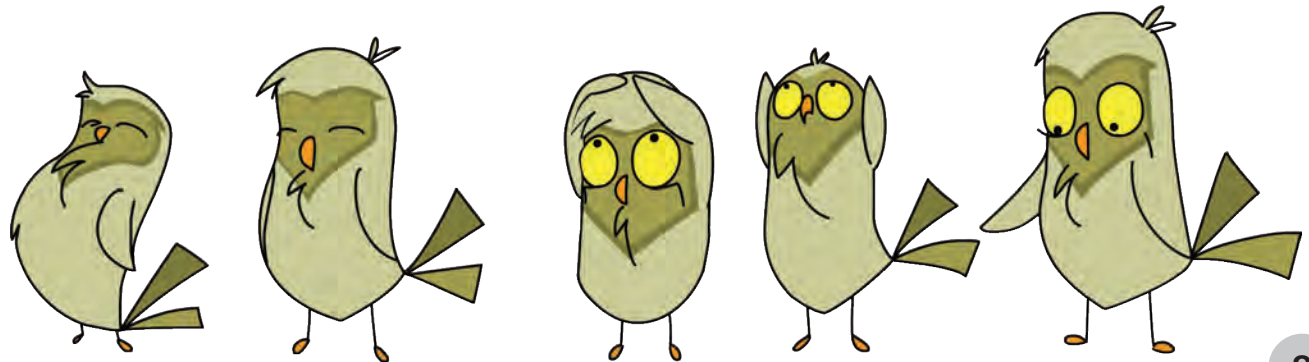
Practice for Level 3 at Camp Cope-A-Lot

This week at Camp Cope-A-Lot we're asking you to practice relaxation. Practice on your own at least once this week on your own so you'll know what to do!

Relaxation

1. Sit or lie in a comfortable position.
2. **Breathe.** Take a slow and deep breath to the count of 5. Breathe in through your nose, and let it out through your mouth—like you're blowing up a balloon in your tummy. Do this twice.
3. **Relax your hands.** Next, take your right hand and pretend you're holding a lemon and trying to squeeze out all the juice for 5 seconds. Now let the lemon drop to the floor. Relax your hand. Now do the same thing with your left hand.
4. **Relax your shoulders.** Try to make your shoulders touch your ears. Squeeze your head into your shoulders, like a turtle going into its shell. Now let your shoulders drop -- relax your shoulders. Do this twice.
5. **Relax your neck.** Turn your head to the left. Now slowly turn your head to the right. Now put your head down so that your chin is touching your chest, and now put your head all the way back.

There's more... turn to the next page!



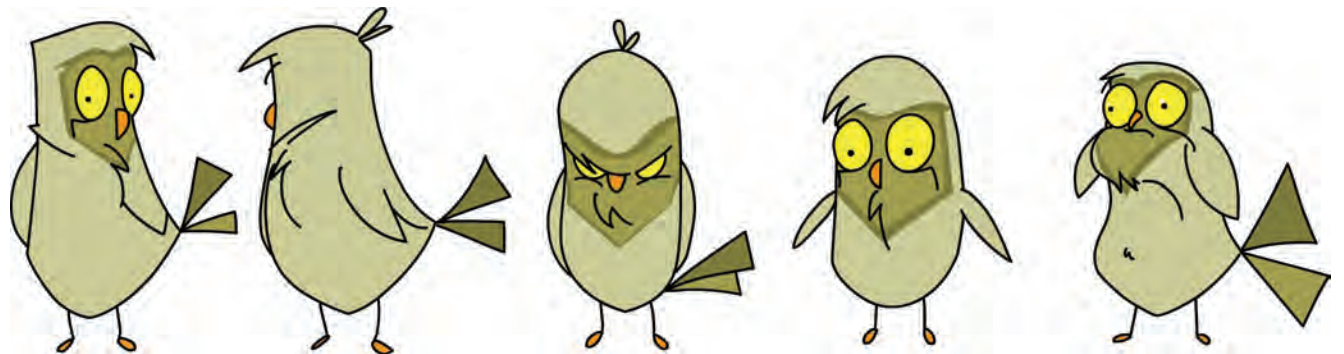
Level 3: BY THE WATERFALL (continued)



Next time you're at Camp Cope-A-Lot, visit the Waterfall. Sandy will take you through relaxation any time you need a review.

Relaxation, continued.

6. **Relax your arms.** Take your arms and reach for the ceiling, try to touch the ceiling. Hold your hands up as high as you can. Now let your arms drop to your sides. Give 'em a little shake.
7. **Relax your stomach.** Squeeze in your stomach, like you're doing a sit-up or trying to fit through a narrow fence, make your stomach really tight. Now relax your stomach. Do this twice.
8. **Relax your thighs** (upper parts of your legs). Focus on your right thigh and tighten it for 5 seconds. Then relax your thigh. Do the same thing with your left thigh.
9. **Relax your feet and toes.** Try to curl your toes down as far as you can, like you're digging them into squishy mud. Hold them there for 5 seconds. Then relax your toes. Do this twice. If you're having trouble curling your toes, you can put your feet on the floor and push your feet and toes into the floor as hard as you can.



Level 4: IN THE TALENT SHOW



See if you can challenge anxious thoughts and use coping thoughts in different situations when you might be “feeling frightened” or “expecting bad things to happen.”



Use this page of your Go-To-Gadget to remind you about coping thoughts (☆).



Practice for Level at Camp Cope-A-Lot

In Level 4, you will use coping thoughts to help others feel less anxious in different situations.

This week, try to use coping thoughts in different situations when you might be “expecting bad things to happen”.

Feeling frightened?

☆ Try Relaxation.

Expecting bad things to happen?

☆ Don't fall into a thinking trap! Use coping thoughts.

How you **think** about the situation influences how you **feel** in the situation.

	THINKING TRAPS	COPING THOUGHTS
	Thinking you have to be perfect.	We're human. Nobody's perfect!
	Expecting the worst will happen.	It's almost never as bad as “the worst”.
	Thinking it's better not to try.	If I don't try, I'll never know.

Level 4: IN THE TALENT SHOW (continued)



Write about a time when you used a coping thought this week to help you when you were feeling anxious.



FOR EXAMPLE:

I got nervous at school before taking a test. I was feeling frightened because I was thinking I wouldn't get the grade I wanted. So, I thought to myself, "Nobody's perfect!" and I tried my best.

Level 5: THROUGH THE OBSTACLE COURSE



If you're feeling frightened or expecting something bad to happen, find attitudes and actions that can help.

A good start is to challenge your anxious thoughts by asking yourself these questions.



Feeling frightened?

- ☆ It's time to do some deep breathing or relaxation.

Expecting bad things to happen?

- ☆ It's time to think of coping thoughts

Attitudes and Actions that can help

- ☆ Challenge the anxious thoughts by asking:

- How accurate is this thought?
- How useful is the thought?
- What else could happen?

- ☆ Time to problem-solve!

Problem-solving steps:

1. What's the problem?
2. Brainstorm ideas.
3. Rank the ideas in order.
4. Try out the highest ranked one!

Keep trying ideas until the problem is solved!

Level 5: THROUGH THE OBSTACLE COURSE (continued)



PrUW for Level) 'UICamp Cope-A-Lot

In Level í æÓæ] ÁCope-A-Lot weÁæ}^áÁ@, Á ^Áæ Á!í à\y É solve. Try practicing using @ problem-solving steps on your own in situations where you feel nervous or anxious.



Write about a time when you used problem-solving this week to help you when you were feeling anxious.

FOR EXAMPLE:

I couldn't find my sneakers and was running late for practice. I was feeling frightened because I was thinking I would get in trouble for being late. I problem-solved to find my sneakers. I thought: I could look in my room, wear my regular sneakers, ask my mom to help me look, or call a friend to ask if they can bring an extra pair. I wore my regular sneakers and went to practice. I was only a few minutes late so no one got mad.

Level 6: ON VISITING DAY



Right, “results and rewards.”
Hey check this out, it spells FEAR.
I think I know what this Go-To-
Gadget is for.

It kept track of all the steps of how
I faced my fears – and now I can
“go to” the “gadget” if I ever need
a reminder!

Feeling frightened?

- ☆ It’s time to do some deep breathing or relaxation.

Expecting bad things to happen?

- ☆ It’s time to think of coping thoughts.

Attitudes and Actions that can help

- ☆ Challenge anxious thoughts.
- ☆ Time to problem-solve!

Results and Rewards

It’s the FEAR plan—you use it to help you feel better when you’re worried or anxious.

Level 6: ON VISITING DAY (continued)



Get your coach to help you complete this section



Prep for Level 7's Totem Pole Challenge

So you and Charlie decided to test out your coping skills by doing some Totem Pole Challenges. I think that's a great idea. With the help of your coach, plan your Totem Pole Challenge for Level 7.

Start at the bottom of your totem pole – the one that you think is the least difficult for you. I'll give you time to use in GameTime for every Totem Pole Challenge you finish.

Good luck!



Totem Pole Challenge for Level 7:

My first challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Level 7: PUTTING THE PLAN INTO ACTION



It's time to start practicing using the FEAR plan.

In Level 6, you and your coach prepared for today's Totem Pole Challenge. Go back to Level 6 of your Go-To-Gadget to review your plan for today.

You're starting at the bottom of your totem pole – the one you picked as the least difficult for you.

Ok, it's time to put the plan into action! When you're finished, write down what you did.



Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge for Level 7:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Level 7: PUTTING THE PLAN INTO ACTION (continued)



Prep for Level 8's Totem Pole Challenge

With the help of your coach, plan your Totem Pole Challenges for Level 8. These will be just a little bit more difficult than your Level 7 Challenges, because we're slowly moving up your totem pole.

Good luck!



Get your coach to help you complete this section

Time to do your totem pole challenges!

Have your coach assist to get started

USERNAME:
PASSWORD:
LOGIN

Totem Pole Challenge for Level 8:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Totem Pole Challenge for Level 8:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Level 7: PUTTING THE PLAN INTO ACTION (continued)



Plan one or two challenges to do outside of camp. You'll do more Totem Pole Challenges



Totem Pole Challenge #1 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Totem Pole Challenge #2 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Level 8: TRYING SOMETHING NEW

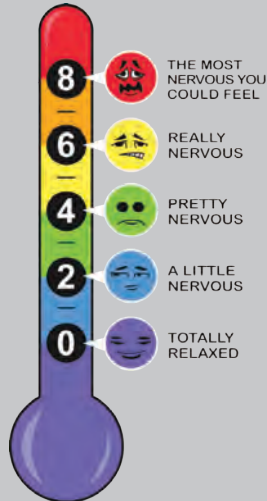


It's time to try something new again.

In Level 7, you and your coach prepared for today's Totem Pole Challenges. Go back to Level 7 of your Go-To-Gadget to review your plans for today.



Ok, it's time to put the plan into action! When you're finished, write down what you did.



Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #1 for Level 8:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #2 for Level 8:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Level 8: TRYING SOMETHING NEW (continued)



Get your coach to help you complete this section



Prep for Level 9's Totem Pole Challenge

With the help of your coach, plan your Totem Pole Challenges for Level 9. These will be more difficult than your Level 8 Challenges, because we're continuing to move up your totem pole.

Good luck!



Totem Pole Challenge for Level 9:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Totem Pole Challenge for Level 9:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Level 8: TRYING SOMETHING NEW (continued)



Plan one or two challenges to do outside of camp too. V@Á [!^Á[~
â[É@Á [!^Á[} -â) â^} oÁ[~ ÇÁ^oÁ



Totem Pole Challenge #1 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Totem Pole Challenge #2 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Level 9: DOING MORE NEW THINGS



Let's do some more new things. In Level 8, you and your coach prepared for today's Totem Pole Challenges. Go back to Level 8 of your Go-To-Gadget to review your plans for today.



Okay, it's time to put the plan into action! When you're finished, write down what you did.



Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #1 for Level 9:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #2 for Level 9:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Level 9: DOING MORE NEW THINGS (continued)



Get your coach to help you complete this section



Prep for Level 10's Totem Pole Challenge

With the help of your coach, plan your Totem Pole Challenges for Level 10. These are the challenges you thought would be pretty difficult. But you're ready.

Good luck!



Totem Pole Challenge for Level 10:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Totem Pole Challenge for Level 10:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Level 9: DOING MORE NEW THINGS (continued)



Plan one or two challenges to do outside of camp. You'll have to think about what you can do.



Totem Pole Challenge #1 to try on your own: _____

F **Feeling frightened?** _____

E **Expecting bad things to happen?** _____

A **Attitudes and Actions that can help** _____

R **Results and Rewards** _____

Totem Pole Challenge #2 to try on your own: _____

F **Feeling frightened?** _____

E **Expecting bad things to happen?** _____

A **Attitudes and Actions that can help** _____

R **Results and Rewards** _____

Level 10: MASTERING SOMETHING NEW



Now you're ready to master something new!

In Level 9, you and your coach prepared for today's Totem Pole Challenges. Go back to Level 9 of your Go-To-Gadget to review your plans for today.



Ok, it's time to put the plan into action! When you're finished, write down what you did.



Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #1 for Level 10:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #2 for Level 10:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Level 10: MASTERING SOMETHING NEW (continued)



Prep for Level 11's Totem Pole Challenge

With the help of your coach, plan your Totem Pole Challenges for Level 11. These are challenges you thought would be really difficult.



You've come a long way!
Congratulations!

Get your coach to help you complete this section

Time to do your totem pole challenges!

Time your coach! Super to get a score!

USERNAME:
PASSWORD:
Login

Totem Pole Challenge for Level 11:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Totem Pole Challenge for Level 11:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Level 10: MASTERING SOMETHING NEW (continued)



Plan one or two challenges to do outside of camp. You



Totem Pole Challenge #1 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Totem Pole Challenge #2 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Level 11: MASTERING MORE NEW THINGS



Now you're ready to master even more new things!

In Level 10, you and your coach prepared for today's Totem Pole Challenges. Go back to Level 10 of your Go-To-Gadget to review your plans for today.



Ok, it's time to put the plan into action. When you're finished, write down what you did.



Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #1 for Level 11:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #2 for Level 11:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Level 11: MASTERING MORE NEW THINGS (continued)



Prep for Level 12's Totem Pole Challenge

With the help of your coach, plan your Totem Pole Challenge for Level 12. This is the challenge you thought would be the most difficult.



Wow, you've almost reached the top of your totem pole. I'm impressed!

Get your coach to help you complete this section

Time to do your totem pole challenges!

Have your coach help you get started

USERNAME:

PASSWORD:

LOG IN

Totem Pole Challenge for Level 12:

My last challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Level 11: MASTERING MORE NEW THINGS (continued)



Plan one or two challenges to do outside of camp. I can't wait to see what you've planned for these next Totem Pole Challenges!



Totem Pole Challenge #1 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Totem Pole Challenge #2 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Level 12: SUCCESS...LAST DAY AT CAMP



You're at the top of your totem pole!
Congratulations for making it so far.

In Level 11, you and your coach prepared for today's Totem Pole Challenge. Go back to Level 11 of your Go-To-Gadget to review your plan for today.



Okay, it's time to put the plan into action. When you're finished, write down what you did. Good luck on your last Totem Pole Challenge!



Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge for Level 12:

I practiced by _____

Feeling frightened? _____

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____



FEAR Totem Pole

Name _____

VERY DIFFICULT	
SORT OF	
A LITTLE	



CONGRATULATIONS!

You've reached the top of your Totem Pole and you've made it successfully through Camp Cope-A-Lot! You can remember us and everything you did here by just looking through your Go-To-Gadget, so keep it in a safe place.

And here is a ribbon that you can cut out, like a decal, and post anywhere you like!

Hope you have a great year!



Sandy
Sandy



Mike
Mike

Coach

Your Name