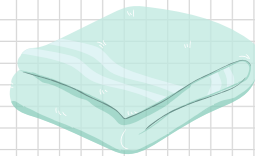


The Washing Machine



Wash

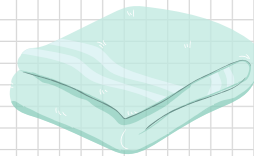
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- Think of some negative or difficult thoughts you might be having that we need to wash clean (ie. I don't want to do this; I can't; I hate this, etc.)
- Reach behind you and grab the thought and pretend to put them in a washing machine in front of you. Close the lid.
- Sit up tall and straight, bringing your arms to your chest and twist side to side slowly like a washing machine.
- When you feel ready, say "beep" when all done. Pretend to open the lid and reach out a clear thought, naming it out loud (ie. I will try, I can do this).

Adapted from Mcglauffin, H. (2018). *Calm & Alert*. PESI Publishing & Media.

Dry

- Sit up straight & breathe in, reaching your arms up over your head.
- Place your right hand on the floor by your right side, reaching your left arm overhead.
- Breathe in & exhale slowly. Then switch sides. Repeat a few times back & forth.
- Say "Beep" when done, bringing your arms down to your sides.

The Washing Machine



Wash

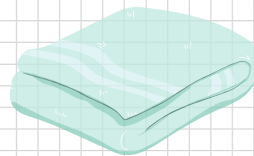
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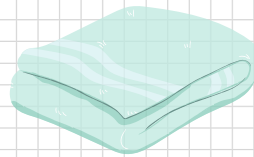
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