

Lesson 4: Nervous System Time Travel

Drawing Activity

Draw a picture of an overstimulating situation. It can be something you have experienced personally, or an idea you think of in your imagination. Show in the picture which senses are receiving input. Share your picture with a partner. Discuss what is happening.

Next, draw a picture of how to help the person in the picture return to a calm and relaxed state. What tools and strategies will the person use?

Use your two pictures to tell a story. You can write your story, or just share it with a partner or with your class.