

<b>Skill Area(s):</b> Feelings/Emotions Behavior/Stress Conversation Skills
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**Holding Box** (idea taken from a workshop presented by Debra Schipper- West Metro Learning Connections - <http://www.wmllearningconnections.com>)

**Level:** beginner, intermediate, advanced

**Goal:** to help eliminate negative or perseverating thoughts or words

**Materials needed:** any container and the holding box words, “Sometimes I get stuck” social story example this can be used in conjunction with the holding box

**Activity:**

This is a very effective tool to use with students. It is amazing how well it works.

- Create a box and either write or paste the holding box words on to it. Be sure the container can be opened and closed.
- Use this box when a student is stuck on a topic, something is bothering them, is using inappropriate language, etc.
- Explain to the student that this behavior needs to be put away or stopped.
- The student or you write the issue on a piece of paper and place it into the box.
- If it is an appropriate topic or behavior that can occur at a later time or place the student should be allowed to remove the paper at that time.
- Examples:
  - Swearing – not one to be taken out and used later
  - Stuck on talking about a movie, a person, etc.- this might be appropriate to talk about later
  - Worried or upset about something that happened at home or school on the news, etc.- such as didn’t get to finish a video game - this might be appropriate to talk about or complete later

Often students with on the ASD spectrum get stuck and using this visual tool helps them to move on.

**Follow up suggestions:**

- Provide a holding box for each classroom teacher.
- Provide one for home.

## Holding Box



## How to Get “Unstuck”

Sometimes I get “stuck” on a thought.

That means I keep thinking and talking about this thought.

When I think about this thought, I get so excited about the thought, that I miss out on friends and learning.

My friends and I think about fun things and talk about fun things, and that’s okay.

It’s not okay to get stuck on a thought, though, because that makes me too excited.

Today, I’m stuck on thinking and talking about Halloween parties.

I must stop thinking and talking about Halloween parties so much.

I’ll put my Halloween thoughts on a piece of paper and put them in my box.

When the paper is in the box, I can’t talk about Halloween.

When I have a break, I can ask to take the Halloween paper out of the box.

When the paper is out of the box, I can talk about Halloween.

When the paper is in the box, I cannot talk about Halloween parties.

At home, I can talk about Halloween parties.

From: Debra Schipper 2/8/03 West Metro Workshop [www.wmlearningconnections.com](http://www.wmlearningconnections.com)  
Social Story example to use with a Holding Box