

APPLICATION FOR HELPING WITH TASKS:

Descriptions of tasks to be done at home by a child/parent General:
task categorization (skills, communication, relationships, habits, lifestyle, activities, pleasures, etc.) ability to set reminders ability to add notes/recordings to each exercise (audio notes)
exercise assessment/ability to add to favorites
various rating scales to set 1-5/1-10/1-100

CHILD/TEENAGER_TKA

1. Skills. Practice mindfulness! Task description:

Take a close look at your surroundings, search for circles in it.

Notification for the exercise, which was presented during therapy and is saved with a short slogan in the application. Ability to choose when the notification appears and when the exercise should take place. The exercise has a timer (e.g., set for 2 minutes). Questions after the exercise: How do you rate the exercise itself? - scale of icons/faces or the ability to add to favorites How do you rate your mindfulness? (Focusing on the present moment, not criticizing other thoughts, etc.) - scale of faces (from distracted to super focused)

2. Communication and relationships. Task description:

Talk to someone during a school break (about TikTok, the Netflix series you're watching, homework, a school trip, etc.). Face it, don't avoid it.

Questions after the exercise:

What emotions arose? (list of emotions: happiness, joy, sadness, surprise, anger, irritation, fear, anxiety, shame, embarrassment, disgust, tenderness, helplessness, pride) How do you rate the level of anxiety? Scale 1-10 (before/after the exercise)

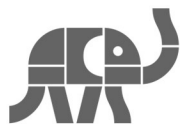
Your thoughts/reactions of others:

3. Lifestyle/habits. Notifications for specific habit/exercise for better well-being or health.

For example: going to bed at a specific time (a teenager staying up late, for instance, can set a goal for midnight). Reminders to prepare for sleep can be set independently after a discussion with a therapist and/or parent.

How do you rate the quality of sleep? A scale determined jointly, 1-5/1-10/1-100 Was the task accomplished?

For habit exercises - as a completion reward, something in the app gets filled, for example, an elephant, which becomes more visible with each completed task, appears, etc.



4. Activities/Pleasures.

Complete a task from the list (a list of the child's previously chosen favorite activities, selectable from the application, with the option to add activities like playing with a pet, reading a good book, talking to a loved one, going for a walk, listening to music, stretching, playing a musical instrument, eating something delicious, etc.).

What emotions did you experience? (list of emotions: happiness, joy, sadness, surprise, anger, irritation, fear, anxiety, shame, embarrassment, disgust, tenderness, helplessness, pride) How do you rate your level of sadness? Scale 1-10 (before/after the activity)

5. Activities/Pleasures. Small successes.

Task description:

List at least 10 things or situations that you're happy about accomplishing this week. These can be significant or minor achievements (e.g., scoring a 5 on a math quiz, skipping an energy drink, catching the school bus, having a conversation with a friend, participating in a school assembly, completing an art project, looking at someone while answering at the board, etc.).

How do you rate the exercise itself? - a scale of icons/faces or the ability to add to favorites Your thoughts/reactions of others:

6. Focus.

Ability to set time away from the phone, for example, 45 minutes to focus on lessons/homework. Suggested activities to do during the break: make tea, drink water, stretch, pet the dog, eat something, talk to a family member, look out the window, etc.

PARENT

1. Building a Good Relationship. Time for (individually entered name of the child)

Task description:

Approach your child and do something nice: hug, pat on the back, smile. What emotions did you experience? (list of emotions: happiness, joy, sadness, surprise, anger, irritation, fear, anxiety, shame, embarrassment, disgust, tenderness, helplessness, pride)

How do you rate the exercise itself? - a scale of icons/faces or the ability to add to favorites Your thoughts/reactions of others:

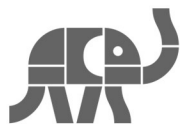
2. Building a Good Relationship. Screen-Free Time.

Ask your child what type of activity they'd like to do together from a list of previously selected favorite games/activities (selectable from the application, with the option to add activities like playing with Lego, reading a book, coloring together, cooking dinner together, having a conversation, going for a walk with the dog, playing a board game, going for a bike ride, etc.).

3. Communication and Relationships.

Task description:

Practice neutral and positive communication with your child. Avoid judgmental statements ("you are").



1. Communication and Relationships.

Task description:

Practice describing difficult behaviors and add your feelings to them, instead of using judgmental statements like "you are naughty/terrible." For example: "It makes me angry when you pull the dog's tail," "Sometimes, when you lock yourself in your room, I feel sad, and I would like to talk to you."

Questions after the exercise:

What emotions did you experience? (list of emotions: happiness, joy, sadness, surprise, anger, irritation, fear, anxiety, shame, embarrassment, disgust, tenderness, helplessness, pride), before and after the exercise Your thoughts/reactions of others:

.....

How do you rate the exercise itself? - a scale of icons/faces or the ability to add to favorites

2. Communication and Relationships.

Task description:

In various situations, try to name what your child is experiencing. Don't philosophize, give lectures, or seek golden advice. Listen and say: "The school situation must have made you sad," "You're angry because your friend fouled you several times during practice."

Questions after the exercise:

What emotions did you experience? (list of emotions: happiness, joy, sadness, surprise, anger, irritation, fear, anxiety, shame, embarrassment, disgust, tenderness, helplessness, pride), before and after the exercise Your thoughts/reactions of others:

.....

How do you rate the exercise itself? - a scale of icons/faces or the ability to add to favorites

FOR THE SITUATIONAL AID APPLICATION FOR CHILDREN/PARENTS:

VERSION FOR CHILDREN/TEENAGERS

Panic Attack: How to Cope When It Happens to You?

A panic attack is the experience of intense fear for a short period. It can cause significant discomfort that can be challenging to handle.

Try the following steps one by one:

1. Repeat in your mind or out loud, "I am safe."
2. Sit on a sturdy chair, armchair, or on the ground, lean against something.
3. Start breathing slowly and deeply, like at the doctor's.
4. Try to make the EXHALATION longer.
5. You can place your hand on your abdomen and observe how it rises and falls.
6. Look around, notice and focus on all the ordinary things happening around you.
7. Look for circles/objects in a specific color in your surroundings.
8. Take a sip of cold water.
9. Engage in something that brings you joy.

Remember, if panic attacks occur regularly, you should talk to an adult about it!

VERSION FOR PARENTS

Panic Attack: How to Cope When It Happens to You?

A panic attack is the experience of intense fear for a short period. It can cause significant discomfort that can be challenging to handle.

Try the following steps one by one:

1. Repeat in your mind or out loud, "I am safe."
2. Sit on a sturdy chair, armchair, or on the ground, lean against something.
3. Start breathing evenly, slowly, and deeply.
4. Try to make the EXHALATION longer.
5. You can place your hand on your abdomen and observe how it rises and falls.
6. Look around, notice and focus on all the ordinary things happening around you, name them for yourself.
7. Look for circles/objects in a specific color in your surroundings.
8. Take a sip of cold water, apply a cold compress.
9. Engage in something that brings you joy.

If panic attacks occur regularly for your child, contact a primary care physician or a specialist: a psychiatrist, psychologist, or psychotherapist!

Panic Attack: How to Help Your Child Cope When It Happens?

A panic attack is the experience of intense fear for a short period. It can cause significant discomfort, which can sometimes be challenging to handle.

Try the following steps one by one:

1. Reassure your child calmly, saying, "I'm here, you're safe."
2. Hold their hand, touch their arm.
3. Ask your child to sit on a sturdy chair, armchair, or on the ground and support their back.
4. Start breathing evenly, slowly, and deeply, asking your child to breathe along with you.
5. Try to make the EXHALATION slightly longer.
6. Ask your child to count with you from 1 to 10. Assist them if it's difficult, motivate them with a calm voice.
7. Once your child is calmer, engage them in a regular conversation for a while, preferably about something enjoyable that they like: a story or TV show, your pet, your recent bike ride, etc.
8. Together with your child, you can look for specific shapes or objects of a particular color in the surroundings.
9. Prepare some cold water for your child to drink and for them to splash their face with. You can also make a cold compress.

If panic attacks occur regularly for your child, contact a primary care physician or a specialist: a psychiatrist, psychologist, or psychotherapist!

Prepared by:

Joanna Leśniewska

Elephants on the Balcony Foundation