Step#	Task for Pre-Planning Blood Draw	Start Date	Completed Date
1	Complete Relaxation activity at home Deep Breathing Muscle Relaxation 5, 4, 3, 2, 1 Senses Sorting Activity		
2	Complete Relaxation activity in clinic Deep Breathing Muscle Relaxation 5, 4, 3, 2, 1 Senses Sorting Activity		
3	Review Social Story for getting blood drawn		
4	Review video for getting blood drawn https://youtu.be/F1M5gBMUnpg		
5	Maintain arousal level of 1 (Calm) or 2 (Sad) during check in to Freeman Center clinic. (See attached task list for clinic arousal rating)		

#### Step 5:

Step	Task	Arousal Rating				
1	Exit vehicle in parking garage	1	2	3	4	5
2	Ride Elevator	1	2	3	4	5
3	Check in	1	2	3	4	5
4	Walk to Freeman Center waiting room	1	2	3	4	5
5	Sit down in chair in Freeman Center waiting room	1	2	3	4	5
6	Wait to be called	1	2	3	4	5
7	Walk towards treatment area/ exam room	1	2	3	4	5
8	Sit on chair in exam room	1	2	3	4	5
9	Wait for Med Assistant to prepare materials	1	2	3	4	5
10	Complete blood pressure check	1	2	3	4	5
11	Wait to see Physician	1	2	3	4	5

## **Arousal Rating Scale**

State	Description	Score
Calm	Patient will engage in minimal movement with neutral or happy facial expression	1
Sad	Patient will engage in vocal whining and/or crying which may be combined with tears	2
Tense	Patient will engage in rocking, shaking and/or clenching of their body, which may or may not occur in combination with crying/whining	3
Agitated/Protesting	Patient will engage in fast, jerky movements with significant displacement from the calm position	4
Escalated/ Aggression	Patient attempts to or successfully engages in aggressive acts such as hitting, kicking, pinching, biting, scratching or grabbing	5



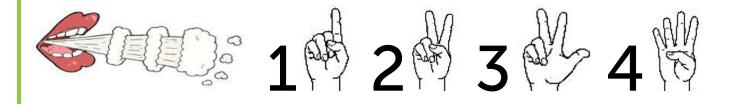






## Calming Routine

#### 1. Take 4 deep breaths



2. Clench fists 4 times



3. Count to 10

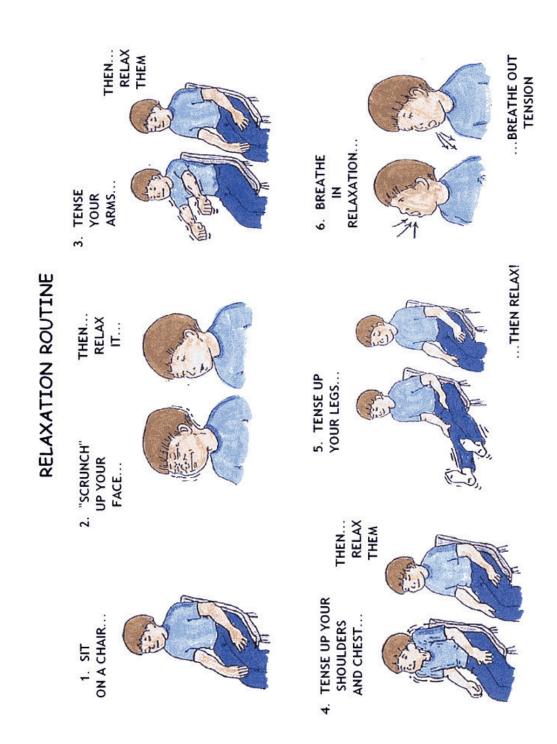
1 2 3 4 5 6 7 8 9 10

4. Good job!



## **Relaxation Routine**

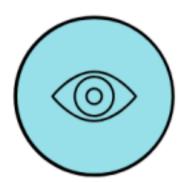




Progressive Muscle Relaxation visual, retrieved from: http://visuals.autism.net/main.php?g2\_itemId=92 Doan, B.D. (1994). Relaxation Training and Anxiety Management for Children with PDD and Their Parents. Workshop Developed for Geneva Centre for Autism, Toronto.

# THE 5-4-3-2-1 METHOD

@wellnesttherapy



name 5 things you can see



name 4 things you can touch



name 3 things you can hear



name 2 things you can smell



name 1 thing you can taste

### Sorting or Matching Activities



