

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

RELAXATION ROUTINE

1. SIT ON A CHAIR...



2. "SCRUNCH" UP YOUR FACE...



THEN... RELAX IT...



3. TENSE YOUR ARMS...



THEN... RELAX THEM



4. TENSE UP YOUR SHOULDERS AND CHEST...



THEN... RELAX THEM



5. TENSE UP YOUR LEGS...



... THEN RELAX!

6. BREATHE IN RELAXATION...



... BREATHE OUT TENSION



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

