

IDEATION Pt. 3

Journal Day 1:

- 1) Encourage students to become physically active and involve them in sports
 - a. Some students may have trouble socializing with many other children, so a sport like Karate, may be something to look into. It can help them receive physical activity, while also teaching them concentration, and focus.
- 2) Wearing a rubber band
 - a. This practice never helped me but my counselor swears it helps some of her other clients. Wearing a rubber band and snapping it when you start to feel anxious it supposed to help bring you anxiety levels back down.
- 3) Thunder Shirt
 - a. I did not create the thunder shirt for people, even though I thought I did, I found I was 5 years too late but it doesn't mean that it can't be improved upon.
 - b. When I was initially toying around with the idea, I wanted the thunder shirt to look as normal and discrete as possible, while still doing its job. I was thinking about contacting major brand labels like Nike, North Face, Adidas, Reebok, etc. and seeing if this is something they might be interested in recreating.
 - c. While the original thunder shirt isn't an original idea of mine, it is something that I think could be improved upon and created in a way that gives the appearance of a normal shirt, without subjecting the student to ridicule.
 - d. S (Silent) U (Undetectable) P (Pressure) E (Exerting) R (Ready Wear) Shirt
 - i. Super Heroes
 - ii. Princesses

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- e. The pressure wouldn't be something that needed to be constant, so the student should be able to have control over it. There should be a discrete button located on the sleeve or some other area that allows the student to do this.

Journal Day 2

- 4) Snack time
 - a. I know this isn't a new idea but I think it should be mandatory.
 - b. Whenever my blood sugar gets low it contributes to my anxiety. So if a child was allowed to eat a banana or something of the sort, during class, it might help keep their blood sugar levels steady and not increase any anxiety symptoms.
- 5) Stress balls
 - a. I don't know if stress balls would help young students, in fact they may even see it as a toy and get in trouble for playing with it instead of just squeezing it... so maybe no to a stress ball?

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- 6) Sunglasses
 - a. Yes wearing sunglasses may seem random to some people but for people with sensory issues, like myself, blocking out light may help to ease the child's anxiety.
 - b. This may also help them feel less exposed to everything around them. I know that may sound weird but it worked for me when I would drive. I don't know why it worked but it did, it gave me a feeling of safety.
- 7) Ear plugs
 - a. I had already touched on the idea of headphones but headphones are very obvious and may cause other classmates to wonder what is going on and in turn, draw attention to the student.

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- b. Ear plugs, much like sunglasses, could help with sensory issues. If a child tends to feel more anxious when there is a lot of noise, the student should be allowed to put in their ear plugs for a short period of time.

Journal Day 4

8) Amulet

- a. I had spoken of magic items before and I was wondering what kind of magic item a child may be open to having or wearing.
- b. Crystals and certain stones are relatively inexpensive and should be easy enough to purchase for a parent of any means. Heck, they could even find a cool looking stone on the street and use that.
- c. If a child has something “magical” like a rock or crystal in their pocket or even around their neck in the form of a necklace, they may feel some safety because of it.
- d. If the parent tells the child that it will provide a protective barrier or bubble around them, the child may have less anxiety when they have it with them.

9) Naptime

- a. They have siestas in some countries for adults, why not for children as well. I do know that very young children are allowed to take naps during school time (at least they were when I was younger) but why does rest become less important with age? It shouldn't.
- b. If the student is properly rested, they may be less likely to have anxiety symptoms. When I have a hard time sleeping and don't receive proper rest, my anxiety goes through the roof and I am anxious all day long.

Journal Day 5

10) Class pet

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a. Animal therapy is something I had mentioned in my previous brainstorming list but the idea of bringing dogs or other furry creatures into a school, may not be such a good idea... Can anyone say allergies? So what if the class had a pet iguana? I don't know of any allergies to amphibians, not saying they don't exist but if they do I would imagine they aren't very common. So an iguana would be a pet that all students could pet and could be especially beneficial for a student with anxiety to play with and help care for.

11) Vile of Lavender

a. I know this sounds completely random but I have read that lavender can be a very calming scent, so may a student could keep a vile or small bottle of it with them to smell when they are feeling their panic heighten. I know it would probably make the child look weird during the process but it could be comforting... maybe?

Journal Day 6

12) Coloring time!!!!

- a. Sorry, when I thought that in my head, it was loud so I had to add the exclamation points.
- b. What if the teachers allowed the students to take 10-15 minute breaks, whenever they wanted, once or twice a day, to color in a coloring book.
- c. I only state that they can do this whenever they would like to, so that when the student with anxiety pulls out their coloring book randomly, the other students wouldn't wonder what was going on.
- d. As you can see, I want the child to not have attention brought upon them or their illness because I feel it could leave them open to being bullied.

13) Morning Meditation

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- a. I took a class in college where the professor turned off all of the lights and did a guided meditation for the first 10 minutes of class. It was so relaxing and really helped me focus once it was over because it had pushed all the racing thoughts out of my head.

14) Morning Yoga

- a. Much like Morning Meditation, I think Morning Yoga could be helpful to students with and without anxiety. It could be a relaxing time in the morning where students could get their blood flowing and ready for the day's activities.

Journal Day 7

- 15) When doing group activities, allow students to have the option to work alone or make the groups smaller.

- a. As I have stated before, I don't want students to be anti-social but I also don't want to have them feel uncomfortable in an educational setting.
- b. I think allowing students to work alone or in smaller groups may help ease some anxiety the students may be feeling.

16) Teacher Awareness

- a. I have spoken about this before but I keep coming back to this because, as one of my fellow classmates stated, the most effect way to approach the matter would be to have a multi-pronged solution.
- b. I feel that teachers should have to take part in conferences or meetings where experts on mental illness speak with them about the symptoms and about things they could do to help make their students feel more comfortable. The focus should be on the student's education and making sure they are taking part of an educational experience that is optimizing their mental capacity.

17) Parental Awareness

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- a. I think that parents should be allowed to take part in these meetings or conferences.
- b. Hearing from an expert could help the parents detect early warning signs of mental illnesses like anxiety and then they can address the problem accordingly.
- c. This is where I think food allergies and food sensitivities should be a top priority for the parents to focus on. I think parents should explore alternative options before ever placing their child on medication, unless the situation is so bad that medication is needed now.
- d. I really advise against anyone taken medications for mental illness, if they can avoid it I know some can't, because the side effects can be just as bad, if not worse than the illness itself.