

**AGES 5-10 ASSISTANT OCD COACH
PLAN! Be Seen!!!!**

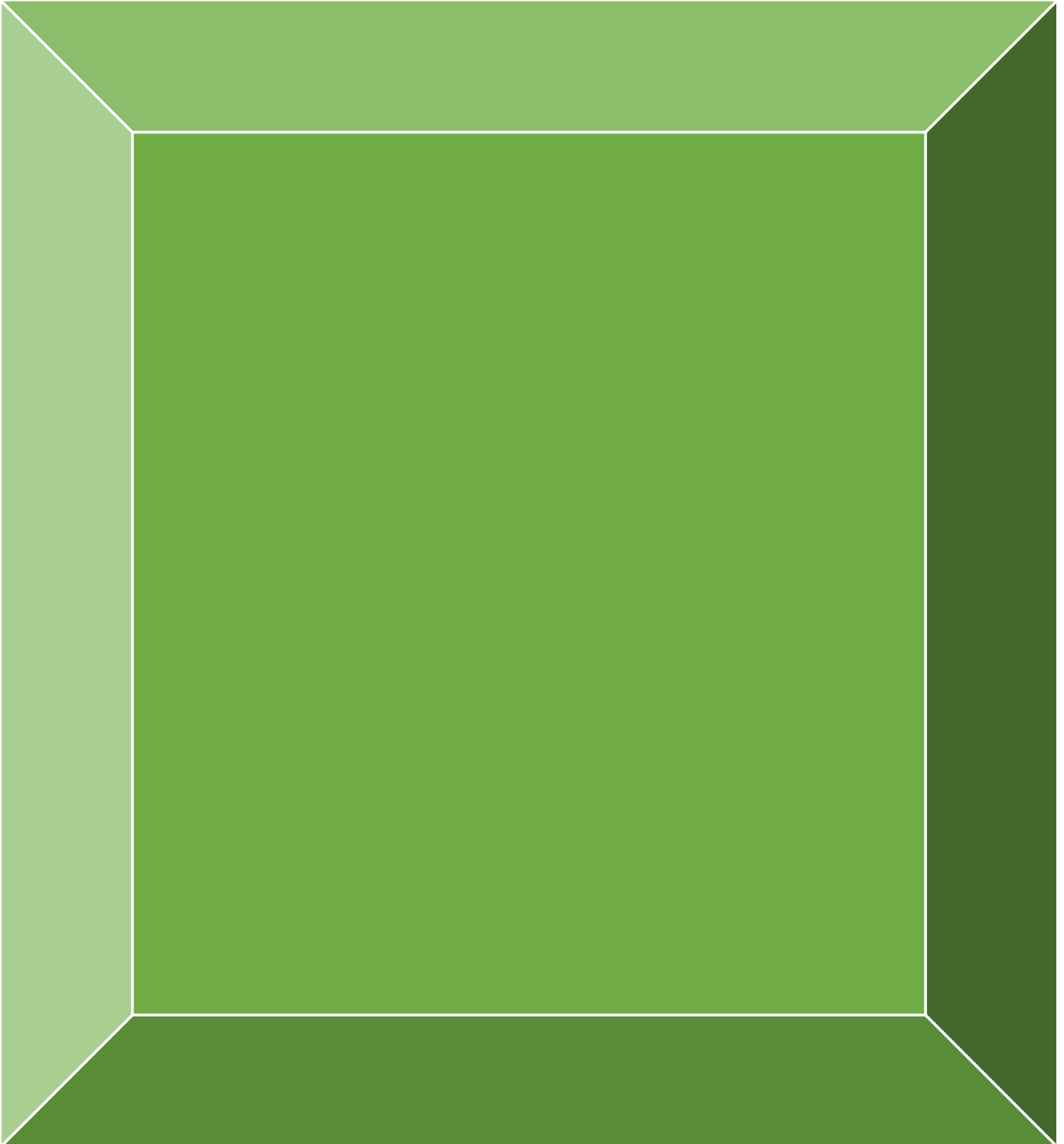
**(S)- Supportive
(E) Empathetic
(E) Encouraging
(N) Non-Judgmental**

(S)-Create your “Monster slayer” or “OCD Away Spray!”

(E) Compare feelings- when have you felt that way?

(e.i. My brother said he is fearful of the dark; I feel fear when it is storming outside.)

(E) Make a sign with kind words about your sibling



(N)- 5 things I like about my sibling

1

2

3

4

5