

# Making a Plan: Dealing with Things that Remind You of What Happened

After a bike accident, Angel was nervous about riding bikes again. With help, Angel came up with a plan to cope with being scared. After the story, will you share your plan with Hercules the dog?



My step-dad and I were riding bikes when a car came around the corner and hit my back tire. I heard a screech as the car tried to stop. I fell to the ground and couldn't move my arm. Even though my step-dad was with me, I remember being scared as I rode in the ambulance. The sirens were so loud. At the hospital, I had to have 2 operations on my arm and stay there until I could move it better.

I went home and when my doctor said I could ride bikes again, my step-dad really wanted me to get back on my bike. I was scared at first, but my step-dad came with me. For the first few times, we rode near our house. When I got scared, my step-dad helped me calm down by having me stop my bike and telling me I was safe.

Two days later, when we were riding, I heard a car tire screech. My heart started beating fast, I felt dizzy and like I couldn't breathe. It felt like my accident all over again! I felt so shaky that I couldn't ride my bike anymore that day. My step-dad said it was okay to take a break but that we should try it again soon. Later that night, he helped me work out a plan to feel safe again when I get scared like that. Here's the plan: we can ride bikes just in the neighborhood. When I get scared, I can stop, get off my bike, and wait a few minutes till I calm down or we can walk it home. My step-dad also taught me how to take deep breaths to help me calm down when I'm having a hard time.



A few days later, we started riding on our street again. My heart pounded when some cars went by, but I remembered the plan and calmed myself down. The first time it happened, I had to stop and walk the bike to a safe place. The next time, I just stopped, calmed myself down, and then rode a little more. Now I'm riding by myself sometimes – still staying near the house – but I'm getting a little less scared each time.

Tell your story like Angel did by filling in the blanks below.



The reason I went to the hospital was because \_\_\_\_\_.  
(reason)

When I think about what happened to me now, I feel \_\_\_\_\_.  
(how you feel when you think about it)

Some of the things that remind me of what happened to me are \_\_\_\_\_ and \_\_\_\_\_.  
(something that reminds you of what happened)

\_\_\_\_\_. If I think about what happened and get upset, one way I can calm down is by \_\_\_\_\_.  
(something you can do to calm down)

I could also talk to \_\_\_\_\_ about how I feel. The next time  
(name of person)

I get upset about what happened, I plan to: \_\_\_\_\_.  
(your plan)



Dealing with things that remind you of what happened can be hard, but it helps if you break it down into smaller steps. What do you want to try to do again? On the top step, write down (or draw) your goal – the thing you want to do again. On the other steps, write (or draw) things you can do to help reach your goal. If you can't think of anything, you can use some of the ideas on the side, or you can ask someone in your family to help you with this.

### Suggested Goals:

- Ride my bike again
- Play with my friends
- Go back to school

### Steps you can take to get you there:

- Ask someone for help
- Make a plan
- Talk about a feeling or problem.
- Ask someone in my family to help me the first few times.
- Try it out for a few minutes the first time.
- Do something you enjoy.



Sometimes, after an illness or an injury, we think about all the things that we can't do, and we don't remember all the good things we can still do. On each of the notes below, write yourself a reminder of all the good things you like to do AND can still do now!

