

LEARN TO HANDLE BIG FEELINGS WITH SPILT MILK®!

Dear Educator,

We are all familiar with meltdowns, those intense responses to overwhelming situations that are distressing to the individual and confusing or even dangerous to those who witness them. People with disabilities comprise the majority of high-profile police use-of-force cases for this very reason. Spilt Milk® is an interactive and educational emotion-regulation tool to help people with disabilities practice relaxing in tough situations. Here's how to play:

1. Choose a volunteer and someone to partner with them.
2. The volunteer will choose at random one Emotion card, one Setting card, and one Situation card. Begin the improv.
3. At some point, the facilitator will call "stop!" The facilitator will then randomly choose one Coping Strategies card and read it aloud.
4. The pair will complete the scene with the volunteer using the guidance from that Coping Strategies card.
5. Applaud, then have a group discussion! (How did it feel? What worked for you? What didn't?)

Each session can be preceded by one of the eight lessons that defines terms, explains why we need to know them, gives examples/mini-games, and facilitates discussion! These are found at TheArcSVPP.org or scan here:



Enjoy your improv!
The team at The Arc of NJ

