



## Zigger-Zagger E-Package **Directions for Use**

Thank you for purchasing the Zigger-Zagger E-Package. This action plan is best used when it is infused and integrated into a child's natural experiences. Included in this e-package please find the following:

1. Story-(PDF and PowerPoint) - It is recommended that the story be presented to the child in a relaxed setting with a patient and reassuring style. It is helpful for the adult presenting the story to tie the experience of heightened anxiety to their own experience (i.e. "I had a Zigger-zagger when I couldn't find my car keys!") The story should be available and shared frequently by a variety of people in the child's circle. It is most effective when many people in the child's environment use the language of Zigger-zaggers. Teachers, classmates, parents, siblings and friends all have Zigger-zaggers and can employ the 3 steps actively and purposefully.
2. Cards (PDF) and (Word – can be printed on Avery 8371 business cards) - These cards are useful as cues or reminders. Some children benefit from using a card each day and putting stickers or stars on the card every time they experience a Zigger-zagger during the day.
3. Poster (PDF) – This can provide a non-verbal cue to the child and others in the child's circle.
4. Journal (PDF) and (Word – Word file is a form file. To use as a computer form, go to view – toolbars – and check "forms". Make sure the form is locked. The user can complete the form on the computer.) The journal can be completed independently or with support. The journal increases self-awareness and reflection. The entries can be collected and analyzed for common threads, antecedents and variables.

If you have any questions, please feel free to email [kim@autismmaps.com](mailto:kim@autismmaps.com)

Thank you.