



# THE RED BEAST

By K. I. GHANI

## Before Reading the Book:

Determine if you have any children in your class with Aspergers Syndrome and consult with the family if their child knows they have this. Family members may choose to be present when you complete some of the activities listed below.

Discuss the front cover with the class. What do you think is the Red Beast? Why do you think it is red?

## Class or Family Discussion

When have you been angry? Has your Red Beast ever woken up? What were you doing? What did your mind tell you to do? Do you remember what you said or did? What helped you to calm? How did you feel after the Red Beast went away? How did the person you hurt feel?

Have you ever seen the Red Beast wake up in someone you know (family, friends, neighbours) How did that make you feel? What did you do? What helped the person to calm?

## Suggested Activities to Help a Child with Aspergers (using areas mentioned in the book as characteristics of Aspergers)

The author has listed many strategies in the back of the book to assist teachers and family help a child with anger.

As the author suggests, it is important to TEACH the child positive strategies, visualisation techniques and calming activities when anger is NOT present.

- Have a piece of red silk in an easily accessible bag, enough to throw over and cover the child (about one and a quarter square metres). The child uses the silk to hide and collect him/herself. They could go to a special place or cover themselves just where they are, until they are ready to return to the group.
- Create a box of sensory toys to help distract and calm the child. See [www.suelarkey.com](http://www.suelarkey.com) for ideas, strategies and toys and Dr Tony Attwood's clinically proven book on Anger. Also add in this box a red feather boa, red piece of silk (mentioned above), plastic bubble wrap to pop, a head set to block out noise, an eye mask to block sensory input and hide, and a bottle of water for hydration.
- Play "Beasties" in a role play situation, demonstrating what may trigger the Red Beast and how to identify that it is waking up within. List feelings that may come up. Teach strategies such as: counting to ten or twenty before saying or doing ANYTHING and have a drink of water.
- Play calm and relaxing music in the home and classroom.

## **Physical activity**

- Distraction is a powerful tool! You have heard the phrase "Exercise clears the head!" When your senses are overloaded you need a distraction – so does a child with Aspergers. Go for a walk, jump on the trampoline or play at the park. Always remember "Walk don't talk"!

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## ACTIVITIES

### THE RED BEAST (PAGE 2)

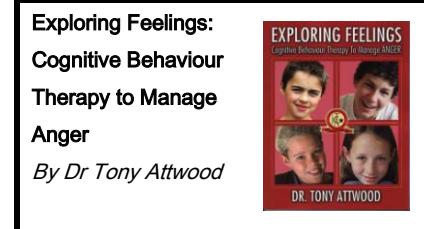
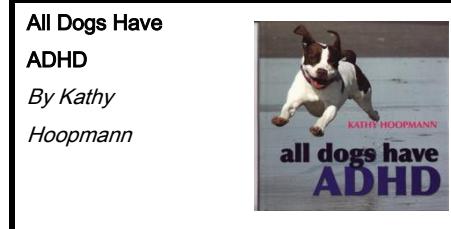
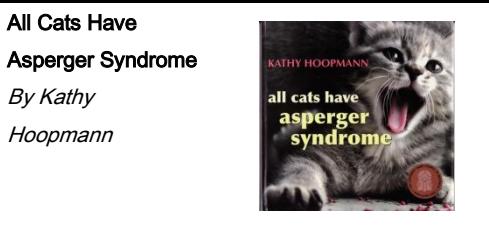
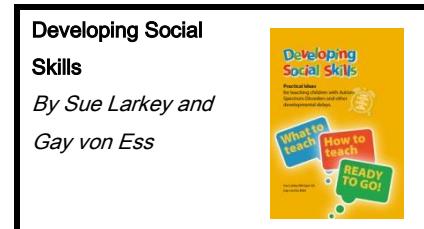
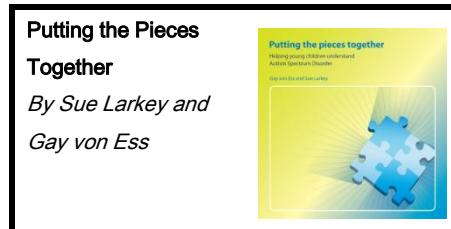
#### Routines and Schedules

- Provide repetition and consistency for the child with Aspergers. They need and appreciate it.

#### Follow Up

What activities have helped you help a child with Aspergers? Remove any triggers from the environment that you can identify, that may trigger the RED BEAST within the child or YOU. Be patient with the child, be patient with yourself.

#### Recommended Resources (available online at [www.suelarkey.com](http://www.suelarkey.com)):



For more activity sheets, recommended resources, tip sheets, to sign up for a free newsletter or request a free catalogue visit:

[www.suelarkey.com](http://www.suelarkey.com)