



CONNECTING FOR KIDS

# BEHAVIOR TOOLKIT

INTRODUCTION & CONTENTS

Dear Connecting for Kids Family,

Over the years, we've served many families like yours: families with children who need a little extra help in certain areas - regardless of whether that child has a specific diagnosis. Through it all, we've discovered some common behavior themes that most families face. These themes include:

- Using structure to reduce anxiety
- Supporting emotion regulation
- Building impulse control
- Improving transitions
- Problem-solving tricky behaviors
- Reinforcing positive behaviors

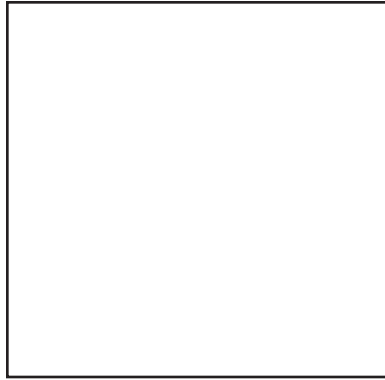
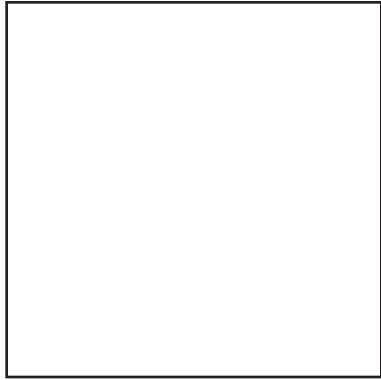
Your toolkit was designed with expertise from early childhood professionals to help you succeed in those "tricky areas" of childhood behavior. As you learn to use the tools in your kit, you'll have the opportunity for additional support through our monthly Behavior Chat programs. These programs, which can be found at [connectingforkids.org/behavior-chat](https://connectingforkids.org/behavior-chat), are led by a behavior expert and focus on themes. We also invite you to access pre-recorded podcasts and learn at your own pace from [connectingforkids.org/behavior-series](https://connectingforkids.org/behavior-series).

We look forward to seeing you at an upcoming Behavior Chat program. As always, families can find additional resources and support by emailing [info@connectingforkids.org](mailto:info@connectingforkids.org) or you can call or text a Family Resource Specialist at 440-570-5908.

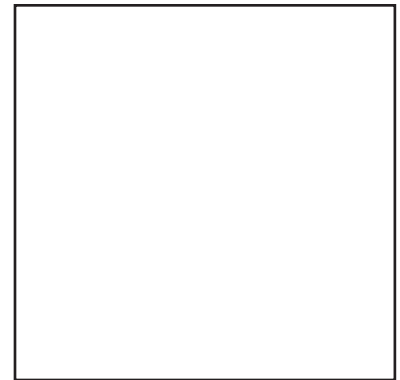
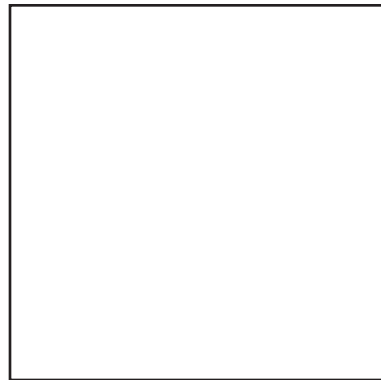
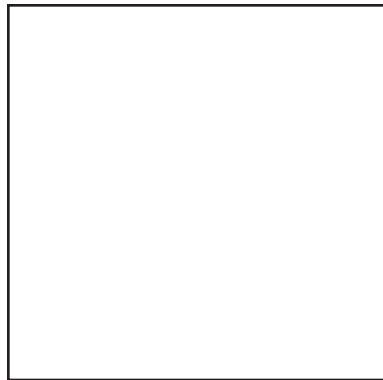
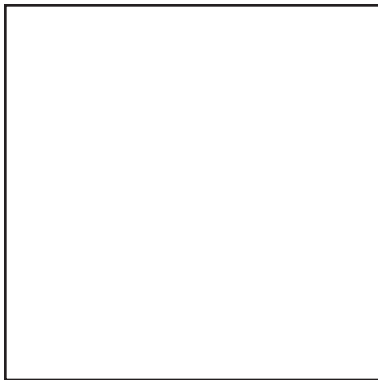
<b>MODULE 1: STRUCTURE</b>	<b>MODULE 2: EMOTION REGULATION</b>	<b>MODULE 3: IMPULSE CONTROL</b>
<i>Kit items include:</i> First/then visual Visual schedule Schedule icons	<i>Kit items include:</i> Calm down tips for families "When I'm Angry" visual "How to Calm My Body" social story	<i>Kit items include:</i> Stop sign visual Wait visual Mini stop sign and wait icons
<b>MODULE 4: TRANSITIONS</b>	<b>MODULE 5: KEEPING DATA</b>	<b>MODULE 6: REINFORCEMENT</b>
<i>Kit items include:</i> Transition tips for families All Done visual mini icon	<i>Kit items include:</i> ABC data sheet	<i>Kit items include:</i> Reward chart Reward tokens Reward icons

**FIRST**

**THEN**



**MY SCHEDULE**





Wake Up



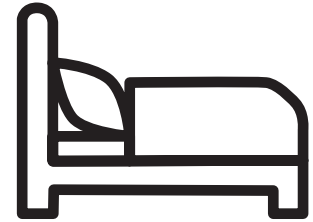
Get Dressed



Eat



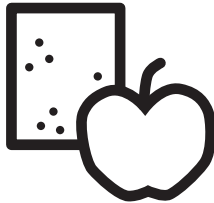
Play



Nap



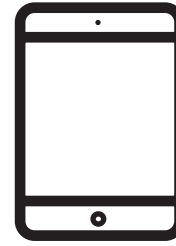
Go Outside



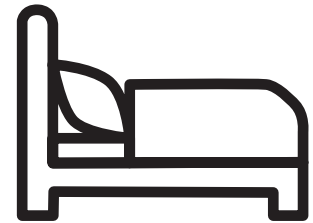
Snack



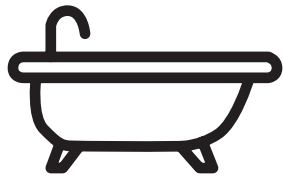
Read



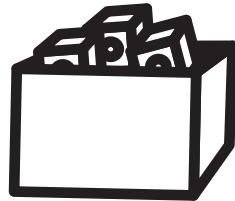
Screen Time



Bed Time



Bath Time



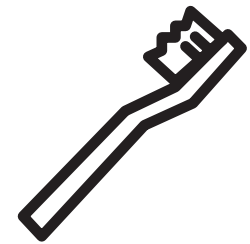
Clean Up



Go Shopping



Go To School



Brush Teeth

# CALM DOWN TIPS FOR FAMILIES

## 10 TAKE DEEP BREATHS



Deep breathing draws attention to the body and can help you acknowledge and move past feelings of stress & discomfort.

## 9 JUMP OR DANCE



Jumping and dancing release energy and can help to regulate unmet sensory needs (which can feed into anger reactions).

## 8 HUG A STUFFED TOY



Hugs can release chemicals in the brain that make children feel calmer and more relaxed.

## 7 USE A FIDGET



Stretching, spinning or squeezing a fidget can help refocus attention and give your child space to calm down.

## 6 SQUEEZE CLAY



Similar to jumping and dancing, squeezing clay releases energy and can help your child to self-regulate.

## 5 GO TO A QUIET SPOT



A calm, quiet spot can give your child space to process what happened and respond to big emotions.

## 4 LISTEN TO MUSIC



Music can help put children in touch with their emotions. Listening to soft music can also help them to calm down.

## 3 COUNT TO TEN



Slowly counting to ten can give your child space to process anger before they react.

## 2 DRAW OR COLOR



Drawing and coloring can help your child to express big emotions in a safe way.

## 1 TALK TO A GROWNUP



Talking to a trusted adult can give your child the opportunity to process big emotions and get feedback.



**TAKE DEEP  
BREATHS**



**JUMP  
OR DANCE**



**HUG A  
STUFFED TOY**



**USE A  
FIDGET**



**SQUEEZE  
CLAY**



*When I am*

**ANGRY**



**TALK TO A  
GROWNUP**



**GO TO  
A QUIET SPOT**



**LISTEN  
TO MUSIC**



**COUNT  
TO TEN**



**DRAW OR  
COLOR**

# HOW TO CALM MY BODY



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1

Sometimes I get mad or sad. Everybody feels this way from time to time!

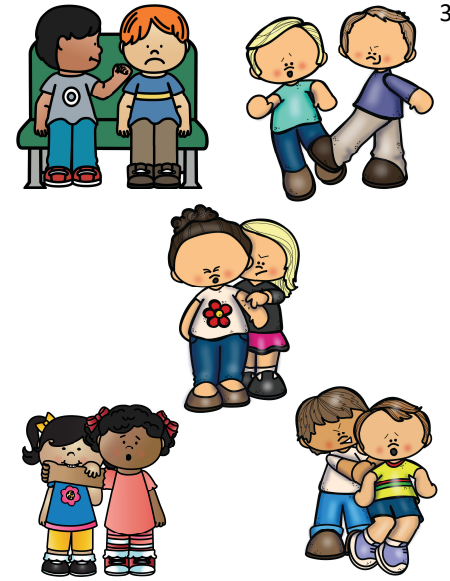
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2

Sometimes I feel happy and other times I feel frustrated or mad. This is normal!

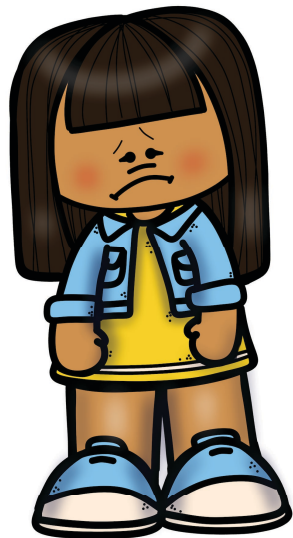
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3

Sometimes when children are very mad they might hit, kick, pinch, bite or push.

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4

If I do these things it will hurt someone else and they will feel sad. This is not okay.

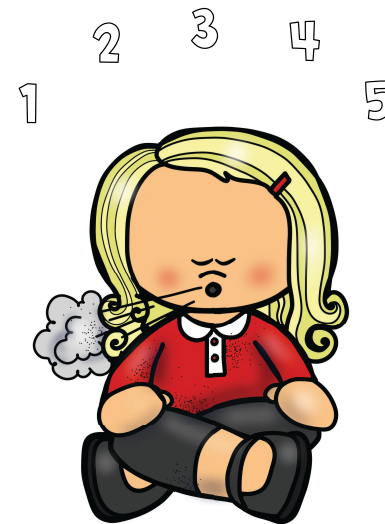
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5

There are some ways I can calm down when I am mad or frustrated.

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6

I can take deep 5 breaths.

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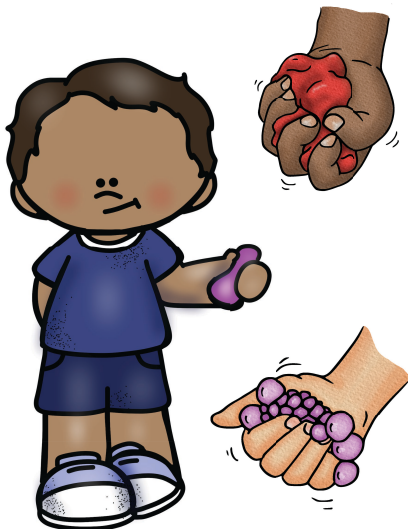
7

I can ask to go for a walk.

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I can find a quiet place to take a break.



I can squeeze a fidget toy.



I can ask for a hug if that will help me feel better.



I can also read a book or listen to some music.



I can look at my book to decide which choice might help me calm down.



My family and teachers will be so proud of me when I pick something to help calm my body.

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Resources and ideas for families and educators

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

AUTISM little LEARNERS  
WEBSITE/BLOG



Instagram

Connect!



Credits



Thank you for purchasing this activity from my store! I hope you find these materials as useful as I have in my classroom. Be sure to come back for newly added products!

# tara TUCHEL

Speech/Language Pathologist

Thank You!



**ALL DONE**



**ALL DONE**





# TRANSITION TIPS FOR FAMILIES



## 10 PREPARE THEM



Give warning how much longer an activity will last. Don't forget to remind children what will happen next.

## 9 TRANSITION SONGS



Sing a light-hearted song during transition to help your child pay attention and prepare for the next activity.

## 8 TRANSITION OBJECT



Take a special doll or toy when going to a different place. You can also use something to represent the next activity.

## 7 USE VISUAL SCHEDULES



Draw pictures or write a list of activities for the day to help your child think ahead.

## 6 COUNT DOWN



Use a visual timer or count down so your child knows how much time is left in an activity.

## 5 REMEMBER SENSORY



Use a sensory activity as a transition bridge. Sensory break cards can help keep things interesting.

## 4 OFFER CHOICES



Allow your child to choose between transition activities ("do you want to jump or skip to the car?")

## 3 ALLOW FOR EXTRA TIME



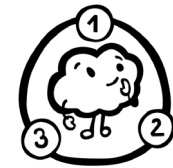
Give yourself enough time. If children see that you're rushing, they may pick up on your energy and become upset.

## 2 USE SOCIAL STORIES



Prepare for big transitions ahead of time with social stories.

## 1 STAY CONSISTENT



Try to stick with the schedules and routines you lay out as much as possible.





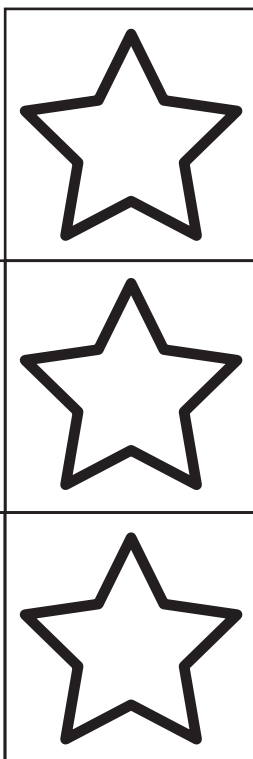
**MY GOAL:** \_\_\_\_\_

**I EARN:**

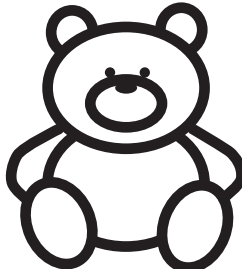


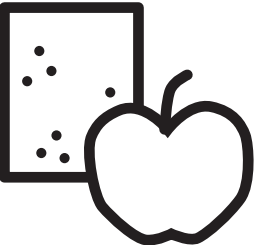

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**TOKENS**



**SAMPLE  
REWARDS**

 Toy	 Toy	
 Candy	 Special Snack	 Extra Playtime