When little people are overwhelmed by big emotions,
it's our job to share our calm not to join their chaos. - L. R. Knost

Kilgore ISD Behavioral Supports

Click on the words (link) to access the resource

Behavior Topic	Video Tutorial	Resource Link
Ron Clark Mindset	A List of the Essential 55	Ron Clark's Essential 55 3 minutes
Focus on Five-Tips for Parents	Focus on Five: Tips for Parents for Home Learning By Holly Bueb	Visual Schedule example
Positive Reinforcement	Positive Reinforcement Tutorial 2 minutes	Positive Reinforcement
Sensory Tools - Fidgets	Play-doh, squishy ball or object, stuffed animal, velcro snap together & pull apart	Recipe for Kool Aid Play-doh
Visual Timers	Countdown Timer Fun Timers Shapes Timer	Sensory Timers Sand Timer
I Do, We Do, You Do-for teaching something new	I Do, We, Do, You Do Tutorial Video 2 minutes	
Movement Breaks	GoNoodle Koo Koo Kanga Roo "Get Yo Body Movin" 2 minutes (Elementary age)	GoNoodle-Trolls "Can't Stop This Feeling" 3 minutes (Primary age)
Emotions	Awareness of emotions	Storybots-Emotions Netflix Jr 11 minutes
Anxiety	Managing worry and anxiety for kids 3 minutes	I Can Handle It Book Read aloud 6 minutes
Anger	Anger Management Steps Video Anger Management Techniques Article	Controlling Anger-Howard the Bunny Read Aloud 5 minutes
Changing a Negative mindset to a Positive Mindset	Positive vs Negative Mindset 1 minute	The Bad Seed Book Read aloud 4 minutes
Tired; Bored; Misunderstood	Write a letter or Join in with everyone (in your house) cleaning, cooking or playing a game	The Day the Crayons Quit Read Aloud 8 minutes When we all work together...we can make something beautiful together.