

Positive Solutions for Families



Session 5: Teach Me What to Do



What's Happening Today?



- ✓ Apply It and Try It Reflections
- ✓ Affirmations
- ✓ Teach Me What to Do: Why, When and How
- ✓ Emotional Literacy
- ✓ Controlling Anger and Handling Disappointment
- ✓ Problem Solving





Apply It and Try It Reflection

Routine or Transition

How did you
feel about
trying the
strategies?

How did
your child
respond?

Was any
part of this
challenging?



Affirmations



Statements that
are **encouraging**
and **motivating**



Help us
feel strong



Help us feel
optimistic about
change

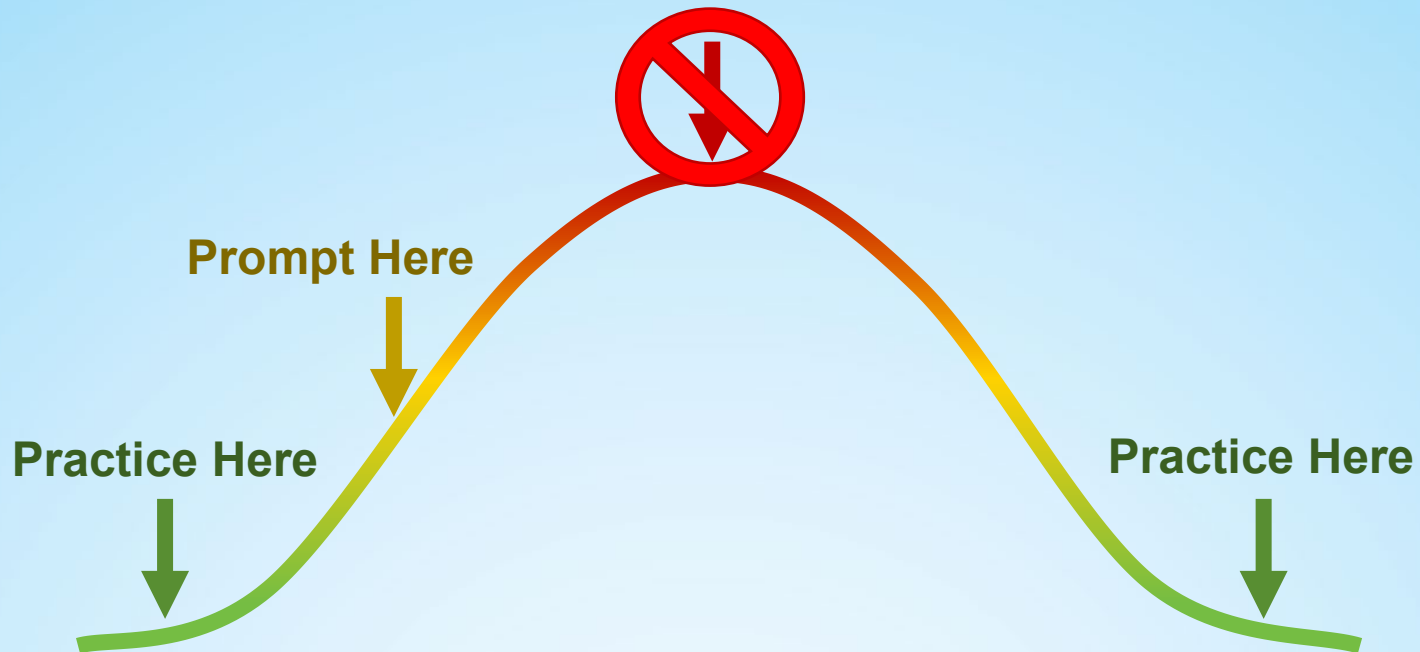
Make a note!

Reflect on the changes you have made
or your efforts with your child.



This is When We Teach

Teach **before** there is problem behavior



Emotional Literacy

The ability to recognize, label, and understand feeling in one's self and others.



What Emotion Words Does Your Child Know?



Affectionate
Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



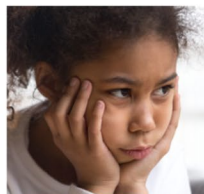
Comfortable
CÓmodo(a)



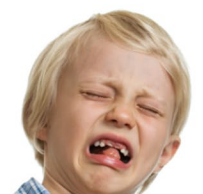
Creative
Creativo(a)



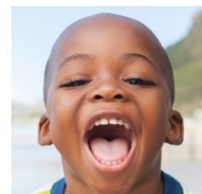
Curious
Curioso(a)



Disappointed
Decepcionado(a)



Disgusted
Asqueado(a)



Excited
Emocionado(a)



Embarrassed
Avergonzado(a)



Feeling Faces



This Is How I Feel Today



Read a Book

- Use fun voices to show emotion
- Have your child point out emotions on characters
- Ask questions and talk:
 - How did the boy feel?
 - What makes you scared?
 - Show me your scared face.





Apply It and Try It

- Select 2-3 new emotions you want to teach
- Add a few ideas of how you will teach them



Activity 2





Self-Regulation and Anger Management

Help your child:

- Recognize big emotions, like anger, in themselves and others
- Learn to calm down
- Understand appropriate ways to express big emotions like anger



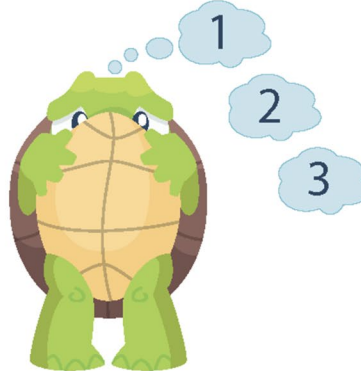
Turtle Technique



Step 1. Recognize your feelings.



Step 2. Stop your body.



Step 3. Tuck inside your shell and take three deep breaths.

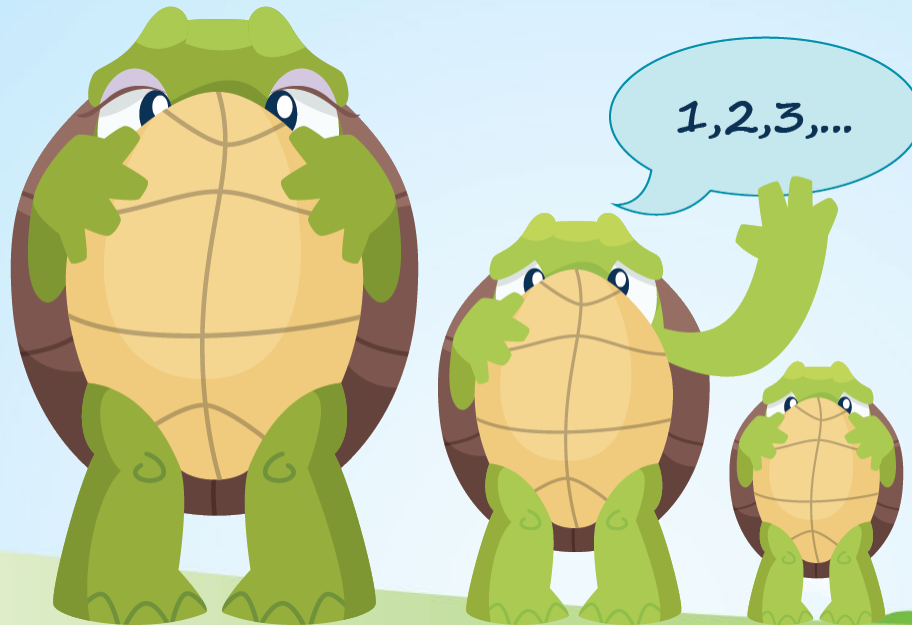


Step 4. Come out when you are calm and think of a solution.



Practice, Practice, Practice!

- Teach the Turtle Technique, step-by-step
- Provide lots of opportunity for review
- Encourage your child to “tuck like a turtle”
- Celebrate their success!



Belly Breathing

Take a Deep Breath

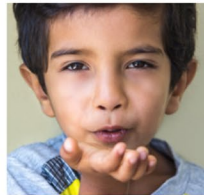
Smell the flower



Blow the pinwheel



Not Just for Anger



Affectionate
Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



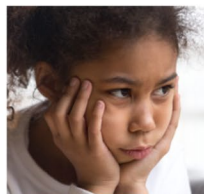
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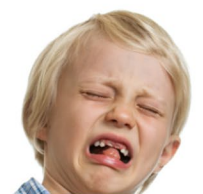
Creative
Creativo(a)



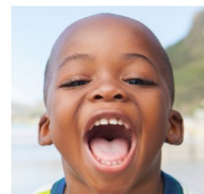
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Curioso(a)



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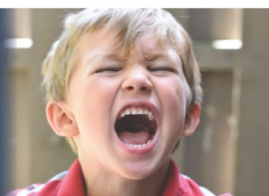
Embarrassed
Avergonzado(a)



Taking a Break: Using a Calm Down Area at Home



Taking a Break: Using a Calm Down Area at Home



A calm down area provides a child a place to calm down and take a break.

It is one strategy that might be used when children are feeling anxious, stressed, or overwhelmed. Families can help children learn how to take a break from activities or interactions that are challenging to them. Just like adults, young children might react to stress, frustration, and disappointment by becoming angry, shouting, refusing help from adults, or engaging in other challenging behaviors. Adults might use helpful strategies such as self-talk, deep breathing, or taking a break when they are feeling the need to take a break and calm down. The calm down area provides children with a place to let go of strong emotions and begin to feel calm and ready to engage with others again.

Getting Started

The calm down area or calm down spot does not need to require a lot of space. It might be a chair that your child prefers, a group of toys that you child likes that are in a bedroom, or an area where you place a basket of calming toys. The only requirement is that it is an area that is quiet, away from interactions with others, and soothing for the child.

When you create your calm down area, think of things that your child already uses to calm down. They might be stuffed animals, a favorite pillow, a puzzle, squishy toys, or books. Put those in the calm down spot.

Show your child that you have created a calm down area and let your child know that they can use the area when they need to "feel better". You might explain to your child that sometimes you go to a calm down spot that helps you feel better (e.g., "When I am feeling frustrated with my work, sometimes I lay down on the couch,").

Encourage your child to play with what you have put in the spot. You might add a visual that helps the child take deep breaths (frk) or a social story like "Tucker the Turtle..." (frk) that might help your child calm down. Encourage your child to get familiar with the calm down area when they are calm. This will give them a chance to explore the items in the calm down area and figure out what is most soothing and calming.

When you think your child might benefit from the calm down area, remind your child that they can go to the calm down area to feel better or guide your child to it (e.g., "I am going to help you go to your calm down spot so you can feel better,").



- How does a calm down area work for you?
- This is different from a time-out, what do you think those differences are?
- How is this a helpful life skill for your child?



Help Us Calm Down



Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...

 take deep breaths	 count	 go for a walk
 take a drink	 take a break	 listen to music
 draw a picture	 swing	 rock
 read a book	 hug a favorite toy	 do a puzzle





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Problem Solving



Problem Solving Steps

Step 1: What is my problem?



Step 2. Think, think, think
of some solutions.



Step 3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?



Step 4. Give it a try!



I Can Be a Problem Solver at Home

They took it from me.



I am lonely and want you to play with me.



I want to play with it by myself.



I am frustrated.



Home Solution Kit

Step 2 :Think, Think, Think of Solutions



Step 1. What is my problem?



Step 2. Think, think, think
of some solutions.



Step 3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?



Step 4. Give it a try!



Problem Solving Steps 3 and 4

**Step 3: What would happen
if I tried my solution**

Step 4: Give it a try!



Setting the Stage for Success



- Try to anticipate problems
- Stay near your child
- Support your child
- Encourage your child





Apply It and Try It

- Select Anger Management and Calming Down OR Problem Solving:
 - What are your ideas for using the materials with your child?
 - Write down what and how you want to teach.
 - Example: Teach my child the problem-solving steps.
 - Read the scripted story.
 - Practice talking about problems using the scenario cards.
 - Hang a few of the solutions on the fridge so my child can refer to the solutions easily.



Activity 3





Apply It and Try It Review

Things to Try at Home:

1. Teach your child **new emotion** words (Handbook Activity 2)
2. Use calm down strategies **or** problem-solving strategies (Handbook Activity 3)



Thank You

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Special Education Programs
US. Department of Education

