# FROM CHAOS TO CALM: UNDERSTANDING BEHAVIOR AT HOME

WEST NORTHFIELD SCHOOL DISTRICT 31
EMPOWERING EVERY • STUDENT
WINKELMAN SCHOOL • FIELD MIDDLE SCHOOL

CUTTING EDGE COUNSELING
OF THE NORTH SHORE



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# BEHAVIOR

## WHAT IS IT AND HOW DOES IT SHOW UP?

### AT HOME . . .

- Talking back
- Tantrums
- Whining
- Sibling Conflict / Aggression
- Resistance to Routines
- Emotional outbursts

### AT SCHOOL . . .

- Quiet, Compliant behavior
- Difficulty with focus
- Difficulty with directions
- Social Challenges
    - Peer Conflict / Withdrawal
- Sometimes no concerns at all

# BEHAVIOR IN THE BODY

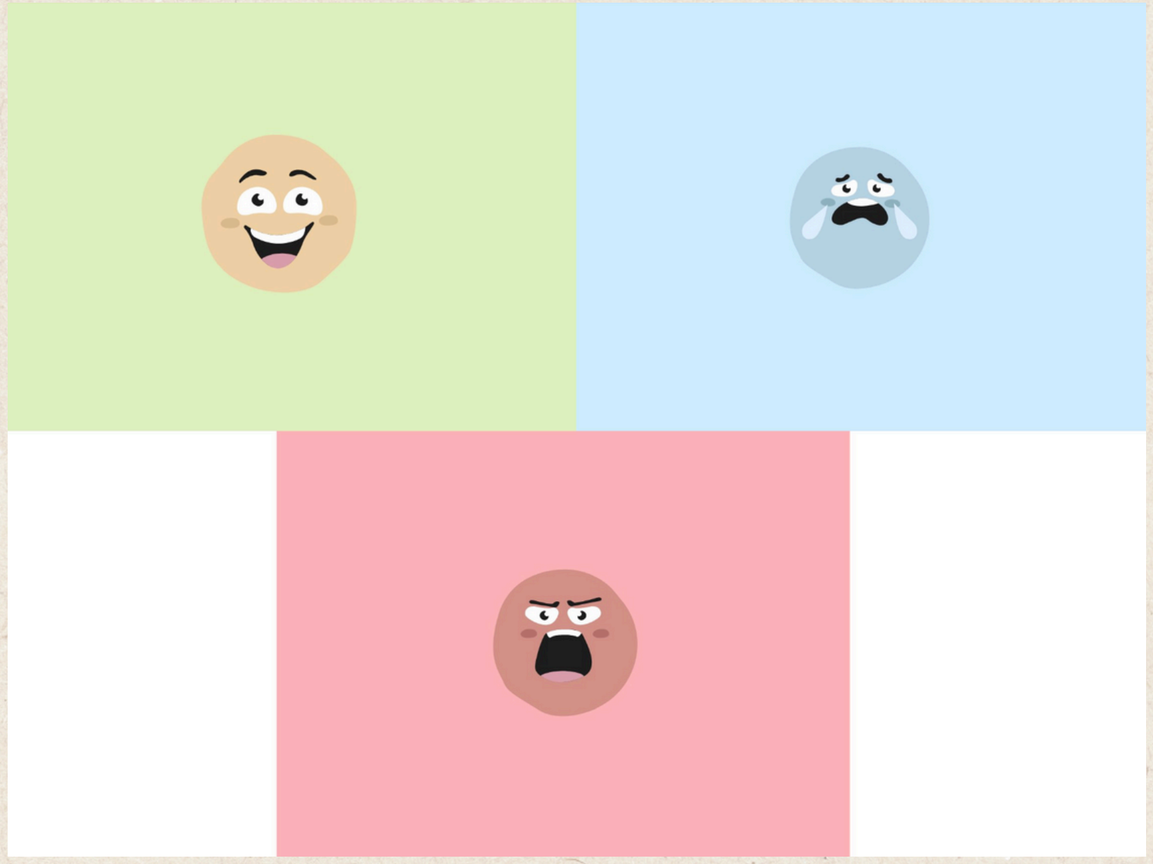


# BEHAVIOR IN THE ZONES

## The ZONES of Regulation®



| BLUE ZONE | GREEN ZONE | YELLOW ZONE | RED ZONE |
|---|---|---|---|
| Sad | Happy | Frustrated | Mad/Angry |
| Sick | Calm | Worried | Terrified |
| Tired | Feeling Okay | Silly/Wiggly | Yelling/Hitting |
| Bored | Focused | Excited | Elated |
| Moving Slowly | Ready to Learn | Loss of Some Control | Out of Control |





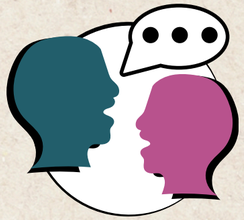






| | | | |
|---|---|---|---|
| Angry | Silly | Gloomy | Calm |
| Rageful | Confused | Sleepy | Focused |
| Aggresive | Terrified | Scared | Happy |
| Rude | Skeptical | Sick | Positive |
| Mean | Worried | Shy | Alert |
| Acting up | Nervous | Shameful | Good |
| | Excited | | |
| | Frustrated | | |
| | Stressed | | |

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# COPING SKILLS

*"We can't stop the storm, but we can teach them how to find their umbrella."*

| Body Based | Mind Based | Connection Based |
|---|---|---|
| Deep Breathing | Positive self talk | Talking to a parent or friend |
| Stretching / yoga | Visualization | Asking for help |
| Squeezing a stress ball | Counting to 10 | Hug or comfort item |
| Movement break | Gratitude list | Drawing or writing feelings |

*What are some of the coping skills you use at home?*






When is it appropriate to introduce coping skills?

# DISCIPLINE AND WHAT IT LOOKS LIKE

## DISCIPLINE

- Correcting behavior
- Boundaries
- Rewards
- Creates cooperation, self-control, and connection

## PUNISHMENT

- Stopping behavior
- Taking opportunities away
- Negative and Positive Reinforcement
- Negative and Positive Punishment

# REINFORCEMENT

## POSITIVE

Adding a desirable stimulus to increase a behavior

Giving a child a sticker for completing their work

## NEGATIVE

Remove an unpleasant stimulus to encourage a desired behavior

Cancelling a quiz if students complete all their homework on time

# PUNISHMENT

## POSITIVE

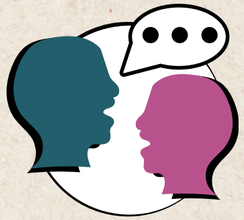
Adding an unpleasant consequence/stimulus to decrease a behavior

A teacher giving a student more homework for being disruptive in class

## NEGATIVE

A removal of a desirable stimulus to decrease a behavior

Taking away screen time when they don't do their chores



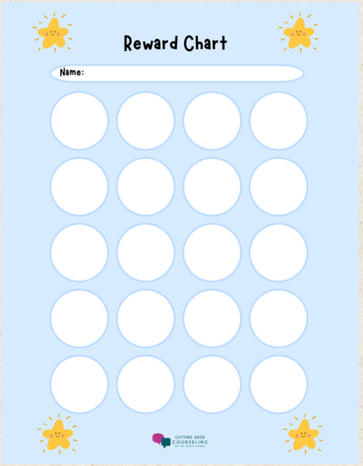
# GENTLE PARENTING

## WHAT DOES THIS LOOK LIKE IN YOUR HOME?




# POSITIVE PARENTING, HAPPIER HOME

- Set the Bar Just Right - Challenge with love, not pressure. Let growth feel exciting and not overwhelming
- Be The Example - Show the kindness, patience, and effort you want to see. Kids mirror what they witness
- Cheer Them - Celebrate effort, not perfection. A little encouragement goes a long way.
- Make It Visual -Use charts, routines, art, and family goals.



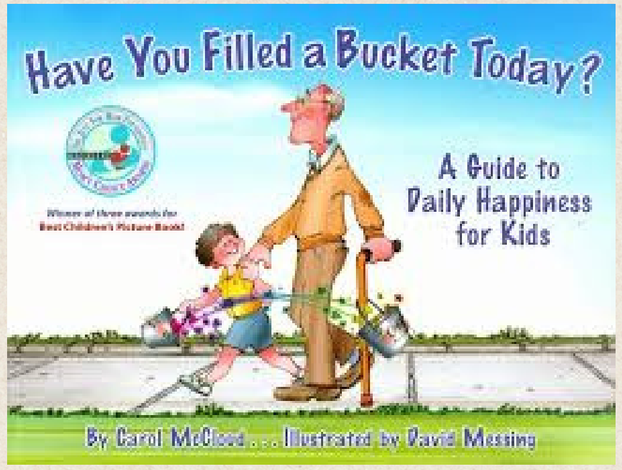
# _____'s Goal Sheet

This week, my goal is to:

_____

_____

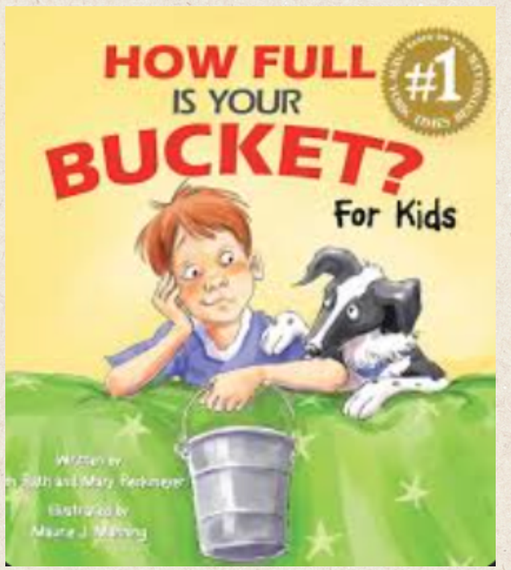
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| | | | | | | |

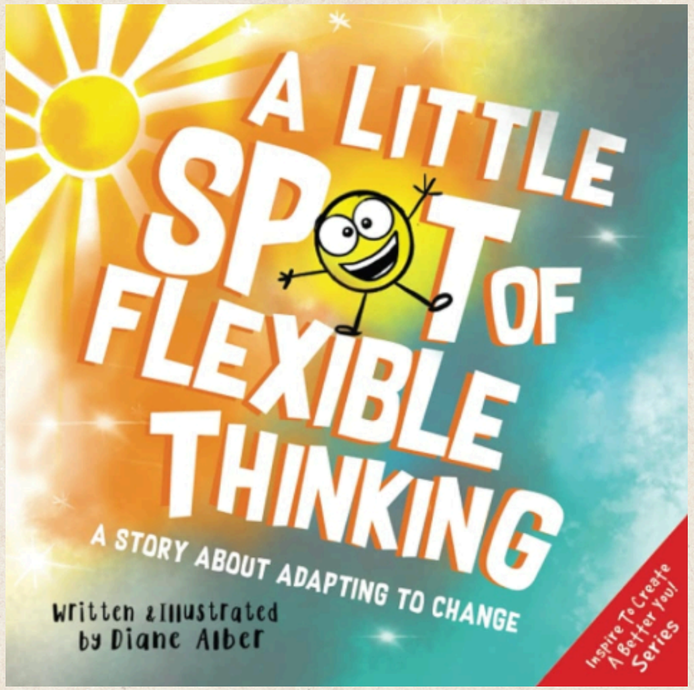



Let's fill a bucket today!



Did I fill a bucket today?



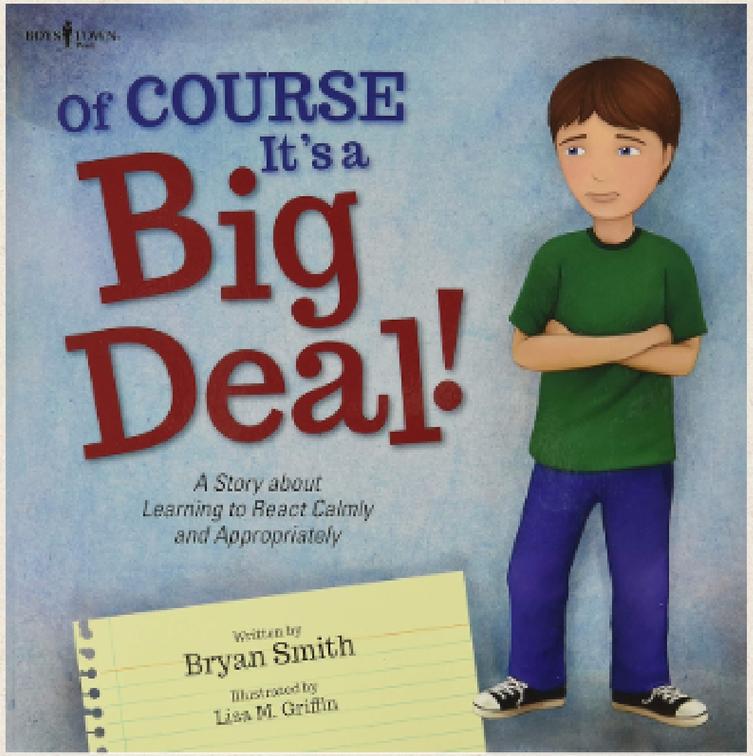



_____'s

Chart

| Week of: | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |






# 4 STEPS TO THINK FLEXIBLE!

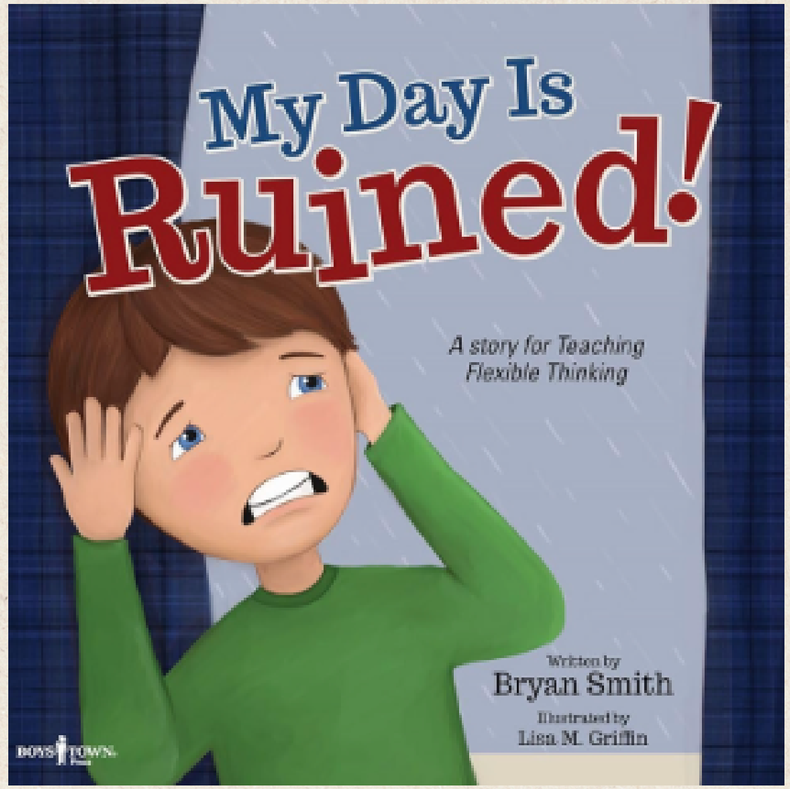
01. TAKE A DEEP BREATH

02. THINK: CAN I CONTROL THIS OR CAN I NOT CONTROL THIS?

03. CHANGE THE PLAN

04. UNDERSTAND AND USE THE CHANGES

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# GROWTH MINDSET

The driver behind a learner's motivation and achievement

| FIXED MINDSET | GROWTH MINDSET |
| --- | --- |
| I already know it all | I want to learn |
| I give up easily | I welcome and learn from feedback |
| I ignore useful feedback | I learn from others |
| I can't change how smart I was born | I can train my brain |
| I don't need to practice | I can work hard to get better at something |
| I'll never be good at this | I will keep trying |
| Mistakes are bad so I avoid them | Mistakes are learning opportunities |
| I avoid things that require effort | I want to be challenged |



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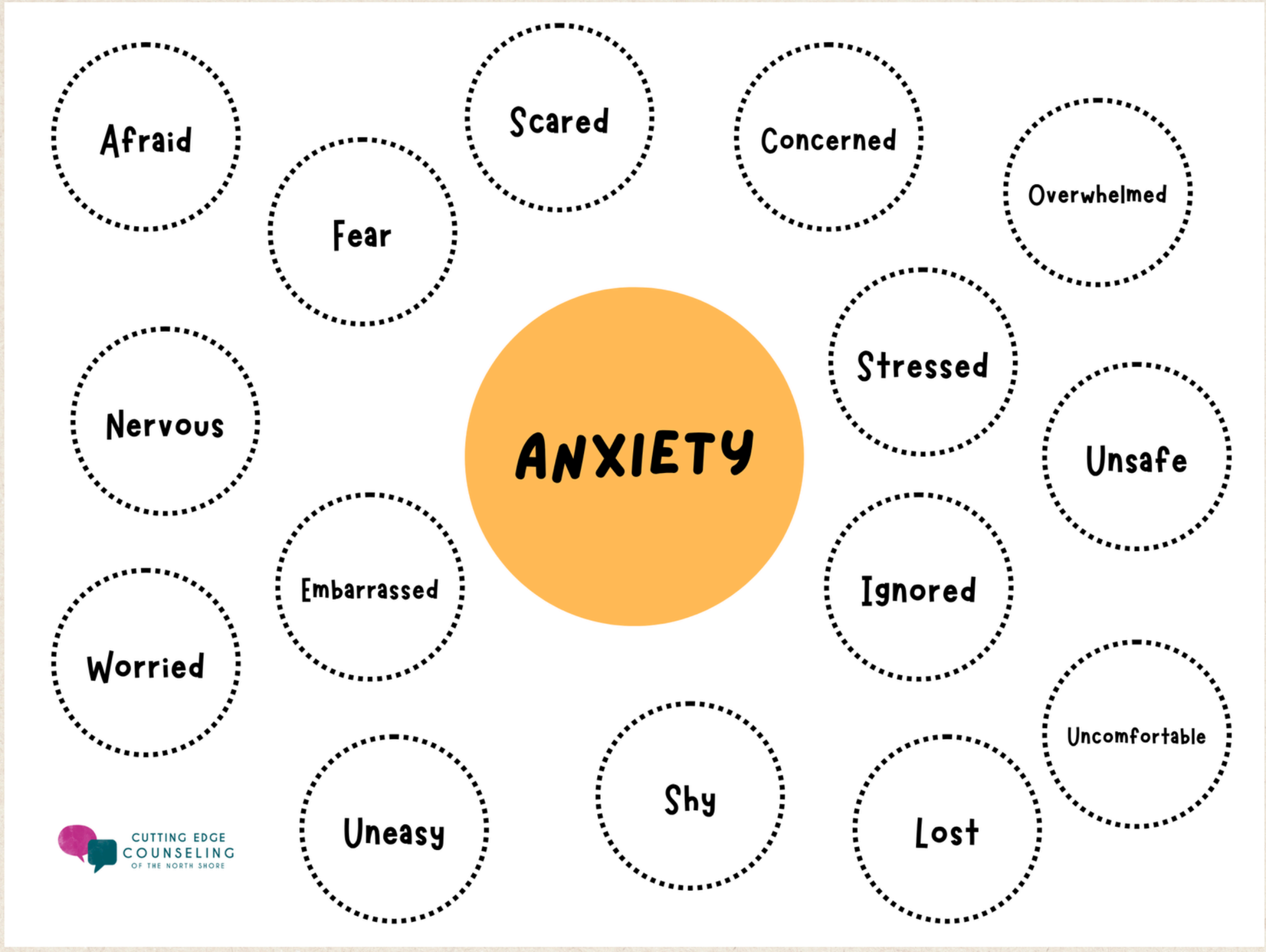
| Gray Thinking | Rainbow Thinking |
| --- | --- |
| This is too hard | I can do anything |
| I'm not good at this | I won't give up until I'm proud |
| I can't do this | I can do my best |
| I give up | I can do hard things |



I feel _____

because of _____

CUTTING EDGE
COUNSELING
OF THE NORTH SHORE


Afraid
Scared
Concerned
Overwhelmed
Fear
Stressed
Nervous
ANXIETY
Unsafe
Embarrassed
Ignored
Worried
Uncomfortable
Uneasy
Shy
Lost
CUTTING EDGE
COUNSELING
OF THE NORTH SHORE

# SO, WHEN DO YOU CALL A THERAPIST?

# HOW TO REACH US




Call or Text: (847) 220 8838

Email: admin@cuttingedge-therapy.com

*Cutting Edge Counseling is proudly partnering with District 31 for the 2025 / 2026 SY.*