

Toolbox for TBRI

Life Script Examples:

1. Ask don't Sneak- try again
2. Gentle and Kind
3. With permission and supervision
4. Give me good words and hands
5. Are you asking for a compromise?
6. Listen and obey
7. No hits no hurts
8. Gentle hands and feet
9. Try again with respect
10. Asking or Telling?
11. Stick together
12. Manners please
13. Listen First time
14. You get what you get and don't throw a fit.
15. 1,2,3 Eyes on me!
16. Quick , like a bunny

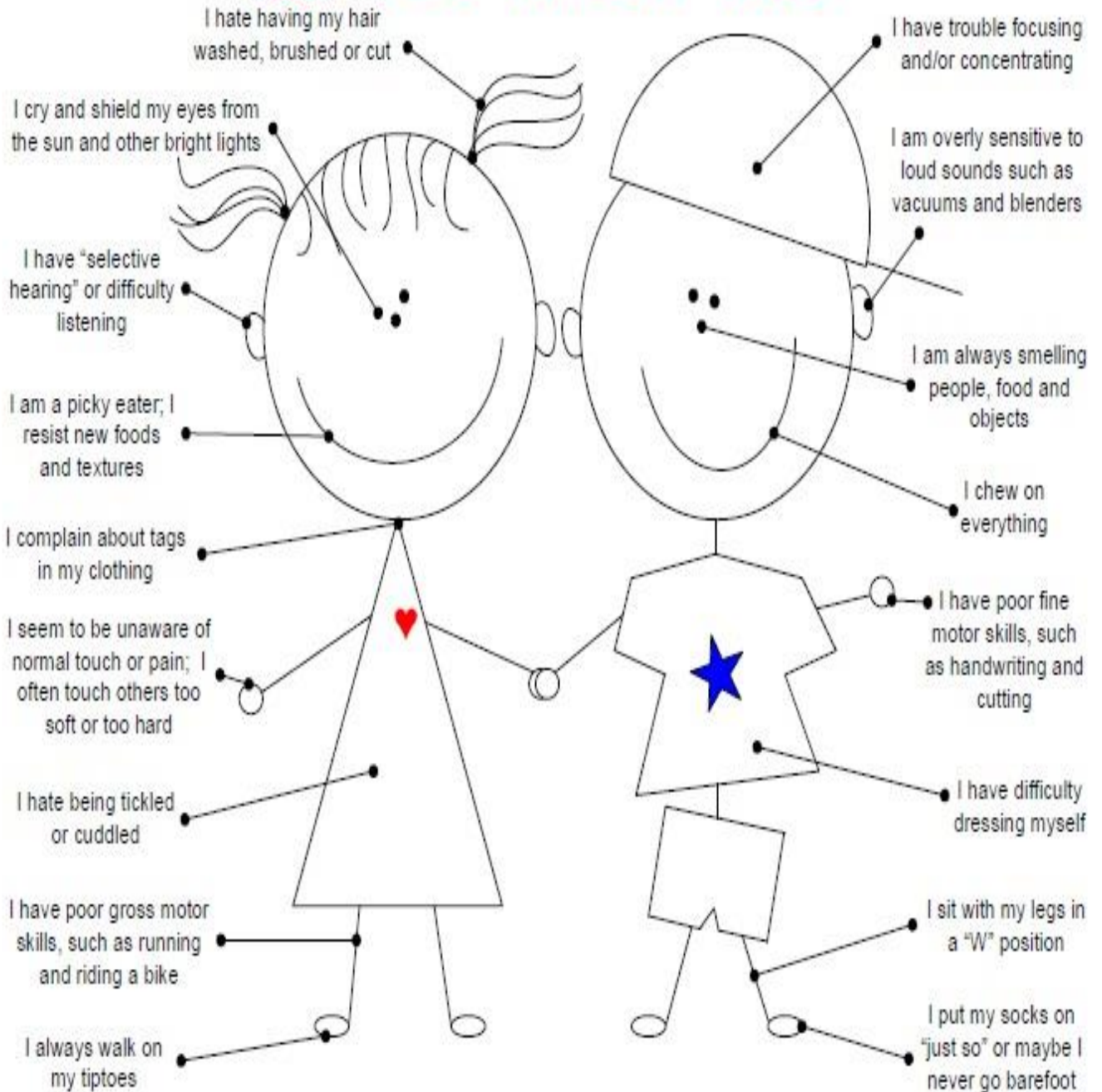
Rules of Connected Families- The Connected Child, Dr. Karyn Purvis

- A youth may not dominate the family through tantrums, aggression, back talk, whining or any other tactic.
- Parents are kind, fair and consistent; they stay calm and in control. They administer structure and limits, but they also provide a great deal of nurturing, praise and affection.
- A youth is encouraged to use words to express his or her needs directly and respectfully.
- Parents honor a youth's boundaries and respectfully listen to his or her needs and requests. They never shame or ridicule a youth's perspective.
- Parents meet all reasonable needs and requests. They say "yes" when they can. Occasionally they allow a compromise, and at times they say "No" and deny requests.
- Parents respond to misbehavior immediately. They redirect youth to better choices, let him or her practice getting it right and then praise the youth for improvement. Once the conflict is resolved, they return to playful and warm interactions with their youth.


















Understanding Sensory Issues

DO YOU KNOW ME?



Resources for Teaching Self- Regulation

Anger Choice Cards For Classroom

When I'm angry, I can... BREATHE DEEPLY 	When I'm angry, I can... COUNT TO 10 	When I'm angry, I can... DRINK WATER 
When I'm angry, I can... GO TO THE QUIET SPOT & USE THE COOL DOWN BOX 	When I'm angry, I can... GET AN ADULT TO HELP 	When I'm angry, I can... DRAW A PICTURE 
When I'm angry, I can... SING A SONG 	When I'm angry, I can... WRITE ABOUT IT 	When I'm angry, I can... HAVE THINK TIME 
When I'm angry, I can... WALK AWAY 	When I'm angry, I can... IMAGINE A PEACEFUL SPOT 	When I'm angry, I can... TAKE A BRAIN BREAK 
When I'm angry, I can... REMEMBER A HAPPY TIME 	When I'm angry, I can... TALK TO A FRIEND 	When I'm angry, I can... SMILE ANYWAY!!! 

Regulation Activities:

1. Create a Calm Down Kit:



Ideas: Scented oils, sensory fidgets, bubbles, balloon, stress toys, fruit snacks, protein snack, water, tangles, hand massagers, weighted pad or ball, glitter jar or wand, calming CD etc. Create one for home, school and car, mini liquid timers, lava lamps etc.

2. Get Feelings in a Jar : These teach self-regulation and executive functioning skills : Available on Amazon:



3. Glitter Jar: Teach your child to “settle their glitter” to help with anger outbursts.



Watch: <https://www.youtube.com/watch?v=-YEZnrySrtQ>

Directions:

- Glass jar or plastic container
- Hot Water
- Glitter Glue (colored or clear; our clear glitter glue is from
- Hot Glue/Super Glue
- Extra Glitter (optional)
- Food Coloring (optional)

Fill jar then pour glitter glue into hot water and stir until glue is dissolved. Boiling water isn't necessary but you do want it hot so that the glue will dissolve rather than just clumping. When using colored glitter glue just as much as you want. To fill my dollar store mason jar I used half a bottle in of blue glitter glue.

Create your own get feelings cards, charts or games:



Teaching Self-Regulation with Engine Plates

Supplies Needed: 1/2 paper plate, crayons/markers/ bracket and image of an arrow.

<p><i>When my engine is</i> LOW</p> 	<p>I feel</p> <ul style="list-style-type: none"> • Bored • Tired • Sad • Sleepy • Like doing nothing 	<p>To go faster, I can</p> <ul style="list-style-type: none"> • Run in place or outside • Take a walk • Chew gum • Eat lemon heads or red hots • Do chair push ups • Do Wall Pushes • Stretch • Jump on a trampoline • Wheelbarrow walk • Eat Sour /red hots • Use Fidgets • Smell Citrus Scented Oils • Go on a sit and spin • Twirl
<p>When my engine is JUST RIGHT</p> 	<p>I feel</p> <ul style="list-style-type: none"> • Happy • Ready to work • Able to listen • Able to pay attention • Okay • Good 	<p>To stay just right, I can</p> <ul style="list-style-type: none"> • Relax • Keep my hot wheel to remind me • Ask others to help
<p>When my engine is HIGH</p> 	<p>I feel</p> <ul style="list-style-type: none"> • Like my head will explode • Crazy • Like laughing • Like running fast • Out of control • Angry • Very silly 	<p>To slow down, I can</p> <ul style="list-style-type: none"> • Get a drink of water • Take a deep breath • Do chair push ups • Rock • Dim the lights • Listen to quiet music • Magic Moustache • Smell Lavender • Use a weighted pad or vest • Play Classical music • Chew double bubble gum • Ask for a tootsie pop • Use a fidgets

