

Behavior Strategies

At Home Guide for Elementary Students

	Keep it Positive
	<p>Everyone will be a little stressed from being cooped up at home. Try your best to be aware of HOW you're interacting with your kids.</p> <ul style="list-style-type: none">• Engage more• Play more• Praise more! <p>Remember that yelling and punishing is often more for you than for them.</p> <p>Sure, hold boundaries, but try to keep your cool. You can always send a fellow parent a ranting text later to blow off some steam.</p>

	Give Credit
	<p>Give credit where credit is due. Recognize that change is hard for everyone, including your kids.</p> <p><u>See them doing something you want to see more of?</u></p> <ul style="list-style-type: none">• Throw them some praise, affection, or even a little treat. <p><u>This goes for ANY behavior</u></p> <ul style="list-style-type: none">• Whether they're going above and beyond or just doing what's expected. <p>Do they usually lose their cool in a certain scenario, and this time they tried to keep it together? THAT'S A MAJOR WIN! Let them know how great they're doing!</p>

	Coping Skills
	<p>Coping skills allow us to make sense of our negative experiences and integrate them into a healthy, sustainable perspective of the world.</p> <p>18 Coping Skills: Strategies for Children and Teens</p> <p>Coping Skills for Kids</p> <p>Virtual Calming Room</p>

Schedule and Routine



Following a schedule can help reduce challenging behaviors by making the day more predictable for children. Schedules can be printed out or drawn on paper.

- Children feel safe, secure and comfortable when they can predict what will happen next.
- Children who know what will happen next are less likely to misbehave.

[Schedule Example 1](#)

[Schedule Example 2](#)

[Schedule Example 3](#)

[Schedule Example 4](#)

[Schedule Picture Icons](#)

[Reward picture Icons](#)

Remote Learning Space at Home



Having your child have his or her own work space for remote learning at home can help keep them engaged and focused during remote learning.

- Having a table with a 3 fold cardboard divider to limit distractions at home.
- Having the student use headphones to help with noise distractions in the home.
- Have the student decorate his or her own space.

[Creating a student workspace at home](#)



Visual Supports

Visuals are great for reminding kiddos what to do and even how to do it. Hand-drawn doodles work just fine!

If your kiddo can read, even better – just write some words on a sheet of paper, stick it on the wall, and call it a day!

[Visual Examples](#)

[Movement Break Visuals](#)

Reward Systems



If you'd like your kids to be more independent, compliant, helpful, etc. rewards are a great place to start to help reinforce the desired behavior.

Examples:

- It can be something as simple as “clean your room, and then you can watch some TV”
- “You earn a token each time you play a game with your brother. Once you have 5 tokens, you can trade them in for a prize on the menu.”

A token is just an object of any kind that represents a reward (like we exchange money for goods). You can use pebbles, coins, stickers, or anything else you may have multiples of. [Visual Example](#)

You can even draw 5 empty boxes on a sticky note and draw a star in a box each time your child engages in the desired behavior.

Additional Resources



Behavior Doctor

- <https://behaviordoctor.org/material-download/>

PBIS

- <https://www.pbisworld.com/>

The Helpful Counselor - Teaching Emotions

- <https://www.thehelpfuleounselor.com/20-inside-out-clips-to-help-teach-children-about-feelings/>

18 Coping Skills and Activities for at home

- <https://www.thehelpfuleounselor.com/18-coping-skills-strategies-for-children-and-teens/>

Emotional ABCs - Free to Teachers

- <https://www.emotionalabcs.com/>

Social Skills

- <https://www.thewatsoninstitute.org/resources/social-skills-powerpoint-curriculum/>

Social Stories

- <https://www.thewatsoninstitute.org/resources/behavior-stories/>

Free Visual Resources

- <https://www.twinkl.com/resources/special-educational-needs-sen/special-educational-needs-sen-cognition-and-learning/special-educational-needs-sen-cognition-and-learning-visual-resources>