

Schedules

- ▶ Teach the schedule at the beginning of each day
- ▶ Note any changes in the schedule
- ▶ Refer to the schedule before and after activities throughout the day



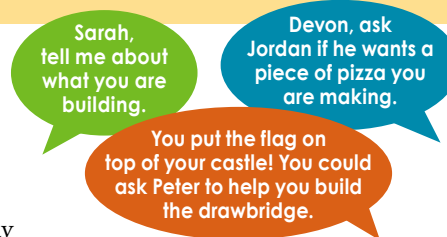
Routines

- ▶ Teach steps of common routines
- ▶ Model and practice the steps
- ▶ Provide individual supports as needed
- ▶ Provide positive descriptive feedback to children when they follow the routines



Supportive Connections

- ▶ Acknowledge children's communication to you
- ▶ Greet/call children by name
- ▶ Use a calm and positive tone
- ▶ Join in play and talk about their play (e.g. questions and comments)
- ▶ Encourage child to child interactions during play



Expectations and Rules

- ▶ Teach the rules frequently and often
- ▶ Provide children with opportunities to practice the rules
- ▶ Refer to rules throughout the day
- ▶ Notice when children follow the rules & verbalize it
- ▶ Talk about how the rules link to classroomwide expectations (e.g., Be Safe and Be a Friend)



Positive Descriptive Feedback

Provide positive descriptive feedback to children when they

- ▶ ... follow a direction
- ▶ ...engage in activities
- ▶ ...transition appropriately
- ▶ ...follow the rules
- ▶ ...engage in friendship skills
- ▶ ...demonstrate desirable behaviors/actions/skills



Emotional Support

- ▶ Label and describe adult and child emotions throughout the day especially as they relate to returning to school
- ▶ Support children in talking about their own emotions
- ▶ Model and practice calm down strategies early and often



Considerations for the Physical Environment:

- ❖ Designed to promote engagement
- ❖ Enough centers to accommodate the number of children
- ❖ Centers have clear boundaries
- ❖ Materials are developmentally appropriate and adequate in number and variety
- ❖ No wide-open spaces for children to run
- ❖ Group area is clearly defined with enough space to accommodate the number of children

Examples of Verbal Noticing & Encouragement

- "You are working so hard on..."
- "Thank you for helping me..."
- "What a great listener you are, you..."
- "Great job remembering to..."
- "You were so patient when you..."
- "Excellent job using your problem solving to..."

BENEFITS OF BREATHING

- ❖ Initiates relaxation & calming
- ❖ Reduces stress hormones
- ❖ Lowers heart rate & blood pressure
- ❖ Allows for re-engagement in executive functioning after upset