

Positive Behavior at HOME

Redirection Kit Movement & Engagement

What you will find in this kit:

Sometimes children engage in challenging behaviors because they need more movement or engaging activities. The activities in this kit will help redirect challenging behaviors in positive ways.

Here is what you will find inside:

- 4 Activity Cards for Building Skills Together
- 4 Independent Activities allowing children to explore building these skills on their own
- Book List

Building Skills Together Activities:

- Problem Solving
- Listening
- Impulse Control
- Following Directions

Independent Activities:

- Movement Break Cards
- Choice Board
- Wall Push
- Busy Hands Tool Box

BUILDING SKILLS TOGETHER

Activity 1: Problem Solving

Challenging Behaviors Addressed: Hitting/Destruction/Throwing/Climbing

FIND THE TREASURE!

Who hasn't ever wanted to look for hidden treasure before? In this activity, you will create a map with your child. You can make it easy or you can try to challenge them. Just have fun. Try having them climb over pillows, under the kitchen table, and over chairs. Let them take their favorite stuffed animal along for the adventure with them. Who knows what amazing treasures they will find?



Instructions:

This is an activity that you can do with your child. Keep in mind your child's ability and age. Adult supervision is encouraged.

1. Gather a large piece of paper and marker or writing materials.
2. Find a starting point where you would like to begin on your map.
3. It is up to you how you would like to create or design your map. For example: "Take 5 steps to the kitchen table (draw a picture of the kitchen table), next, take 3 steps to the window,," and so forth.
4. Once you have created the map with your child, you will have plan for a treasure. For example: You could put a brown paper bag with a box "X" on it with snacks in it. Just don't let them know, make it a surprise.
5. Once the map is made and the treasure is burrowed, looks like you're ready for your adventure!

Extend the Activity:

- See if your child can make their own treasure map
- Try setting a timer.

BUILDING SKILLS TOGETHER

Activity 2: Listening

Challenging Behaviors Addressed: Throwing/Hitting/Kicking



FREEZE DANCE

Has anyone ever told you to freeze? If so, it's not an easy thing. This activity is a great way to help practice a few different skills like listening as well as self-regulation. Sometimes children have to move and get their wiggles out and that's okay, but do they know how to control their wiggles? Let's see if they can give it a try.

Instructions:

You will need music for this activity

1. Before you start this activity explain what the object of the game is.
2. When the music plays they can dance and move their body as much as they want.
3. When the music stops they have to freeze exactly where they are. They have to be statues and they cannot move. If they move then they are out of the game.
4. Once the music plays again, they can start moving again.
5. Have fun, see how long they can stay still, or dance before getting too tired.

Extend the Activity:

- You could be silly, by having them stand when music is playing and then dancing when the music stops.

BUILDING SKILLS TOGETHER

Activity 3: Impulse Control

Challenging Behaviors Addressed: Kicking/Hitting/Throwing/Destructive

DON'T POP THE BUBBLE!

Popping bubbles can be so much fun, but what if you were told you couldn't pop the bubbles? This activity can be a challenge for a lot of children. The urge to pop a bubble can be too much for some children. This activity challenges children to practice impulse control.



Instructions:

Before starting this activity:

1. Explain the object of the game, not to pop the bubbles
2. Before you begin allow your child to pop a few bubbles to satisfy their urge of popping bubbles.
3. Once they have popped a few bubbles have them sit on the floor and sit very still.
4. Let them know that you will blow bubbles around them. Remind them that they have to stay very still and cannot pop the bubbles. If the bubbles land on them and pop that is okay.
5. If they pop the bubble tell them that they have to start over.
 - a. Try to challenge them and see how many bubbles land on them without them popping them!

Extend the Activity:

- Use a balloon. Instruct your child not to use their hands and see how long they can keep the balloon up in the air

BUILDING SKILLS TOGETHER

Activity 4: Following Directions

Challenging Behaviors Addressed: Kicking/Pushing/Hitting/Throwing/Destructive

CLEAN UP LIKE AN ANIMAL!

Cleaning up is rarely something that children want to do on their own, but what if you made a game out of it? This activity touches on a few skills: active listening, following directions, understanding words can carry meaning, and self-help.



Instructions:

When it is time to clean up:

1. Ask your child or children what their favorite animal is.
2. Have them describe what the animal looks like, what does it sound like. If your child is having a hard time describing what the animal looks like, try finding a toy in the house or a book to help them see the key features of the animal.

For example Tyrannosaurs Rex is very tall with big teeth and small arms.

3. Ask your child to pretend act just like that animal, let your child practice walking around for a moment, and make noises just like them.
4. Have your child continue to pretend being that animal and see if they are able to do the same tasks as a human would be able to do so, like pick up toys. Have fun with it, make it challenging.

For example: If your child was Tyrannosaurs Rex, have them place their elbows in their sleeves to give them small arms just like T-Rex and see how a dinosaur picks up toys.

Extend the Activity:

- Try setting a timer and see how fast they can clean up like that animal
- Place several animals in a bin and have your child pick out an animal when it is clean up time.

INDEPENDENT ACTIVITIES

Movement Break Cards

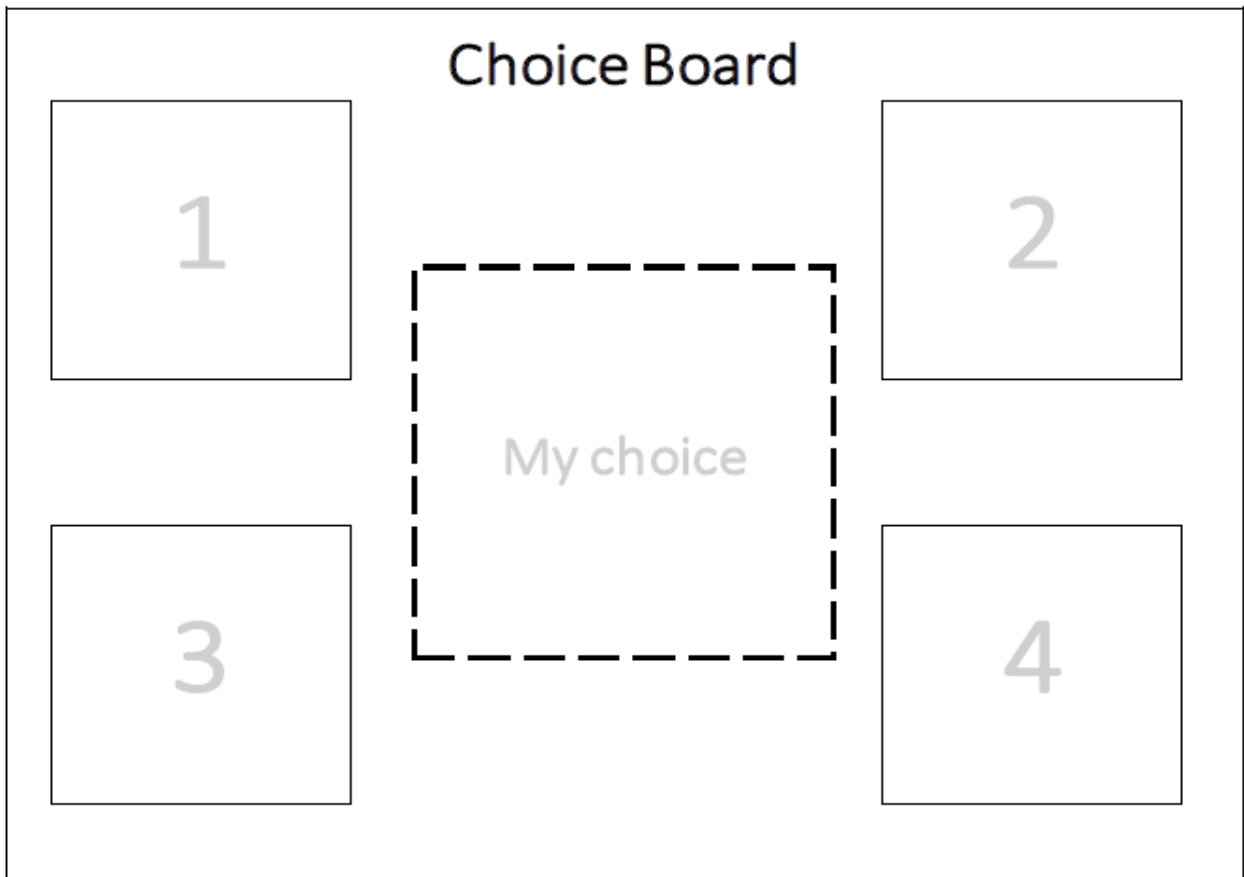
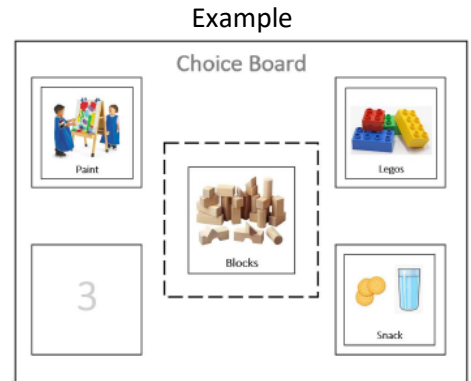
Movement Break Cards are great for children who need extra physical activity throughout the day! Print, cut the cards out, and make them easily accessible to your child. Discuss with your child when the cards can be used and what other movements they can think of! If children are having a hard time controlling their impulses or seeking active play, encourage them to act out the Movement Break Cards!



INDEPENDENT ACTIVITIES

Choice Board

Create a choice board to use during times when your child may make some unproductive choices! Affix pictures of productive activities you know would interest your child on four 3 x 5 cards. Place these "choice cards" in the four outside squares. Ask your child which of the four activities they would like to do. When your child makes a choice, have them move that choice card to the middle square and do that activity. This helps children develop responsibility and self-regulation.



INDEPENDENT ACTIVITIES

Hand Print Wall Push

Have your child trace their hands and place them on the wall or on the floor. When your child feels the urge to want to push or hit, they can be redirected to place their hands on the hand prints and push. See if your child can hold their hand for the count of 10! Then relax, then repeat.



INDEPENDENT ACTIVITIES

Busy Hands Tool Box

You can include many things in a Busy Hands Box! Find some things around the house to add and introduce the box to your child when they are in a calm state of mind. This allows you to quickly refer them to the box when they are upset. Some materials include:

- Paper to rip and color on
- Crayons to break and color
- Pipe Cleaners to twist and bend
- Tape to rip and peel apart
- Water bottles to squeeze and twist
- Playdough to pound on, squeeze, pull or stretch
- Cotton balls to rip apart or squeeze



BOOKS

There are books that you can read to your children to encourage movement throughout the day and get those wiggles out!

Infants, Toddlers, and Twos:

- *From Head to Toe* by Eric Carle
- *Rumble in the Jungle* by Giles Andreae and Illustrated by David Wojtowycz
- *Little Yoga* by Rebecca Whitford and Illustrated by Martina Selway
- *Gallop* by Rufus Butler Seder

Early Preschool, Preschool, and Pre-K:

- *Dinosaur Roar!* By Paul and Henrietta Stickland
- *Sing and Dance in Your Polka Dot Pants* by Eric Litwin and Illustrated by Scott Magoon
- *We're Going on a Bear Hunt* by Helen Oxenbury and Michael Rosen
- *Giraffes Can't Dance* by Giles Andreae and Illustrated by Guy Parker-Rees

Junior K and School Age:

- *I Got the Rhythm* by Connie Schofield-Morrison and Illustrated by Frank Morrison
- *I am Yoga* by Susan Verde and Illustrated by Peter H. Reynolds
- *Move Your Body!:* My Exercise Tips by Gina Bellisario and Illustrated by Renee Kurilla
- *Hop, Hop, Jump!* By Lauren Thompson and Illustrated by Jarrett J. Krosoczka