

# Positive Behavior at HOME

## Redirection Kit Stress

### What you will find in this kit:

Sometimes children engage in challenging behaviors because they are trying to communicate that something is not working for them. Feeling overwhelmed and stressed can cause children to have strong emotions that can be difficult to control. This can, in turn, cause children to act out.

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:

- Identifying Emotions
- Calming
- Problem Solving
- Coping

### Independent Activities:

- Emotion Cards
- Calm Down Cards
- 5 Deep Breaths
- Calming Tool Box

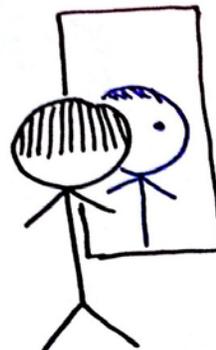
# BUILDING SKILLS TOGETHER

## Activity 1: Identify Emotions

Challenging Behaviors Addressed: Tantrums/Withdrawal/Defiance

### MIMIC ME!

The ability to identify emotions is the foundation for social-emotional skills. Understandably, children can't easily communicate their emotions, or understand the emotions of others, until they learn how to identify them. This activity will help your child identify and accept how they feel as well as learn how to understand the feeling of others.



### Instructions:

1. Gather pictures of people of all ethnicities and ages exhibiting different emotions. Have the pictures displayed on a table.
2. Choose one emotion, for example, anger. Say things like, "What do you think this person is feeling? She looks mad to me because her face is red and scrunched up. Can you make your face scrunched up? What does that feel like? Her arms are tense. Can you make your arms tense? What does that feel like? Can you make your hands into fists? Is this how you feel when you are mad?" "Now let's look at the next picture. Is this person mad? How do you know?"
3. Then choose other emotions to discuss. Follow the same flow of looking carefully at the picture and mimicking the same facial expressions and body language. After confirming that your child can recognize the feelings, mix the pictures together and see if your child can correctly identify the emotion in the pictures.

### Extend the Activity:

- As your child mimic the emotions, take pictures of them.
- Make a poster board and have your child point to a picture of how they are feeling.

## BUILDING SKILLS TOGETHER

### Activity 2: Calming

Challenging Behaviors Addressed: Tantrum/Defiant/Following Directions

### ONE, TWO, THREE, BREATHE LIKE ME!

Explain to your child that when people feel frustrated or angry, their bodies tend to feel different. Their brains move fast, which can cause them to react in inappropriate ways. Then, show them what they can do to help stop their brains from racing and enable their bodies to better handle frustrating situations.



### Instructions:

1. Ask your child if they can remember a time when they felt angry and how it made them feel. Remind them to think of how their body physically felt during that time. It is also helpful to share things that make you feel angry and frustrated.
2. Show your child how to count to three very slowly anytime they feel that feeling coming on. Show your child how to count to three, taking a long deep breath after each number.
3. Try saying, "Count to three, and breath like me." Practice this several times.

### Extend the Activity:

- Try doing this with yoga poses
- Have your child hold on to an object like a stuffed animal to help ground them

## BUILDING SKILLS TOGETHER

### Activity 3: Problem-Solving

Challenging Behaviors Addressed: Defiant/Tantrum/Following Directions

### SPOT THE CHANGE!

Sometimes we are so busy that we solve children's problems for them. However, if we can take the time to guide them as they think through problems and try different solutions, we will be helping them to develop their own problem-solving skills. This activity is a great way to practice reading a favorite story with your child, making a few modifications, and seeing if they can spot the change!



### Instructions:

Before starting this activity, find a short story because you are going to read the story twice. If you have a story that your child knows by heart you can use that one and you will only have to read it once:

1. Explain that you are going to read a story and you want your child to listen very carefully because there are going to be some changes that will be happening throughout the story.
2. As you read the story, see if your child can spot the change. You could make big changes, for example: Reading the title of the three little pigs, you could say, "I am going to read you "The story of the 4 Big Pigs". The complexity of the changes will all depend on the age of your child.
3. Have fun with it and see how well they are listening, are they getting frustrated, are they having fun?

### Extend the Activity:

- Act out the story
- Count how many changes your child was able to identify

## BUILDING SKILLS TOGETHER

### Activity 4: Coping

Challenging Behaviors Addressed: Tantrums/Withdrawn/Defiant

#### LET'S MAKE JUICE!

Children need our help to learn how to cope with difficult situations and overwhelming emotions. This activity will help your child practice learning how to manage strong emotions when they emerge by pretending to make juice. By teaching coping strategies to your child, you can increase their self-confidence and independence and help them to develop problem solving skills that they can use for the rest of their lives.



#### Instructions:

Before starting this activity:

1. Ask your child to pretend to pick an orange and hold it in their hand.
2. Have them describe the orange, the smell, weight, and size. Even have them pretend to give it a little squeeze.
3. Next, have them pretend to grab a drinking glass and place it on a table.
4. Then take the orange over the glass.
5. Next, you are going to have your child squeeze the orange as hard as they can and make juice in the glass. Tell them to keep squeezing until they fill up the glass. Maybe the glass is really big, maybe the orange is really big!

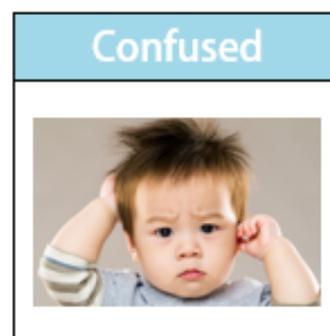
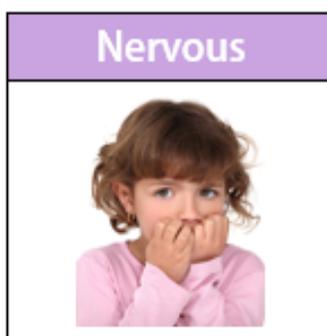
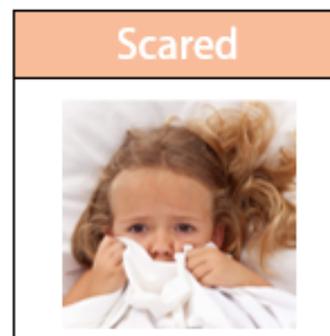
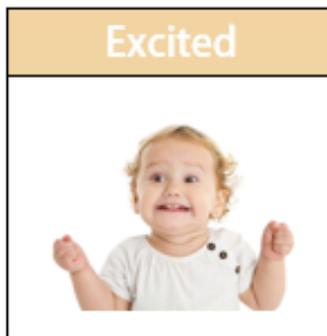
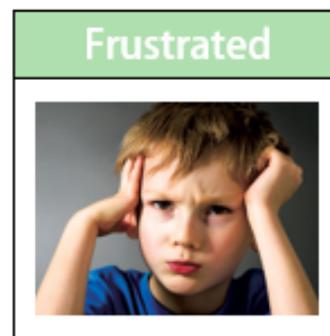
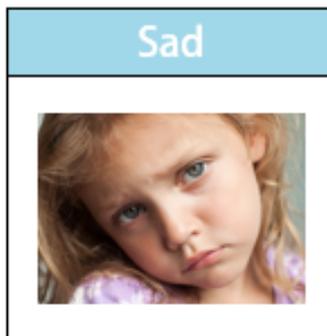
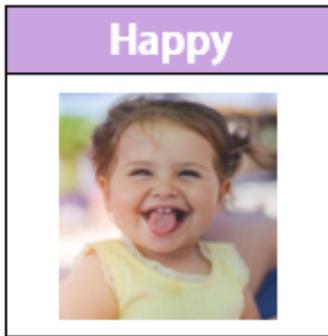
#### Extend the Activity:

- Try different fruits or even try with stress balls.

# INDEPENDENT ACTIVITIES

## Emotion Cards

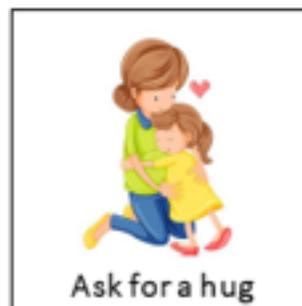
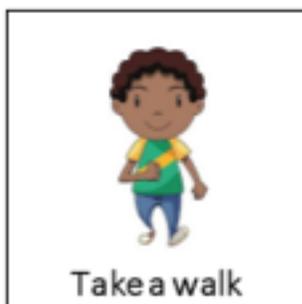
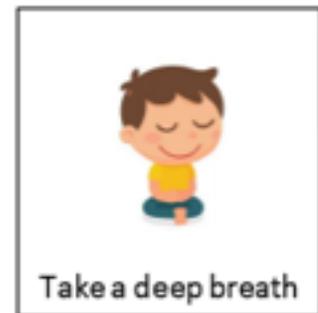
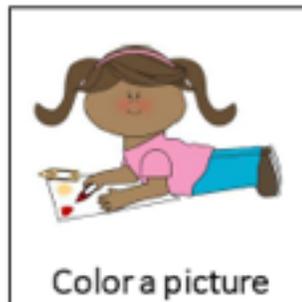
Emotions cards are great for teaching children to identify their emotions. Print, cut, laminate and place on a binder ring or print and use on an emotion poster. Discuss with your child the different emotions and what makes them feel each emotion. When your child is upset, have them look at the emotion cards to identify what they are feeling.



# INDEPENDENT ACTIVITIES

## Calm Down Cards

Calm Down Cards are great for teaching your child how to self-regulate. Print and cut the cards out, laminate, and place on a binder ring. You can hang them in a quiet area or clip onto their clothes to carry around. Discuss with your child the different ways they can help themselves calm down. When your child is starting to feel a strong emotion, encourage them to look through the Calm Down Cards and choose an activity.



## INDEPENDENT ACTIVITIES

### 5 DEEP BREATHS?

This is a great exercise for your child to practice when stressed. You will need to print and cut the deep breath cloud sheet as well as gather 5 cotton balls.

Each time your child takes a deep breath they will add a cotton ball to the chart covering the cloud or number. After each number is covered they slowly exhale. Once all the numbers or clouds are covered. (5). Then have your child take one big breathe and blow all the cotton balls away off the board to blow all their cares away!

### DEEP BREATHS

1



2



3



4



5



# INDEPENDENT ACTIVITIES

## Coping Tool Box

You can include many things in a coping Tool 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:

- Favorite stuffed animal or toy
- Crayons to color with
- Paint or art materials
- Playdough
- Sensory Bottle (Adult supervision needed)
- Cotton balls for calming sensory touch



## BOOKS

Helping children cope with stress can be challenging. Reading stories together can help children calm their worries and minimize their stress!

Infants, Toddlers, and Twos:

- *Little Monkey Calms Down* by Michael Dahl and illustrated by Oriol Vidal
- *Calm Down Time* by Elizabeth Verdick and illustrated by Marieka Heinlen
- *Breathe Like a Bear* by Kira Willey and illustrated by Anni Betts
- *That's Not My Monster* by Fiona Watt and illustrated by Racheal Wells

Early Preschool, Preschool, and Pre-K:

- *My Magic Breath* by Nick Ortner and Alison Taylor and illustrated by Michelle Polizzi
- *Puppy Mind* by Andrew Jordan Nance and illustrated by Jim Durk
- *Tiny Tantrum* by Caroline Crowe and illustrated by Ella Okstad
- *Meditate with Me: A Step-By-Step Mindfulness Journey* by Mariam Gates and illustrated by Margarita Surnaite

Junior K and School Age:

- *Listening to My Body* by Gabi Garcia and illustrated by Ying Hui Tan
- *I am Peace: A Book of Mindfulness* by Susan Verde and illustrated by Peter H. Reynolds
- *I Can Handle It* by Laurie Wright and illustrated by Ana Santos
- *My Strong Mind* by Niels Van Hove