



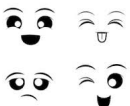





















Counseling Home Practice Pg. 1

Use this menu to continue to build your Social, Emotional and Behavioral skills at home.

Pick 2-3 activities each week.

Cross off a number underneath when you complete it. Activities can be repeated.

Pages 2-16 can be used to support this menu of options and are not required.

<p>Play a board game with someone</p>  <p>1 2 3 4 5</p>	<p>Find a cooking recipe and follow the directions</p>  <p>1 2 3 4 5</p>	<p>Name how you're feeling: use the physical signs to help you decide</p>  <p>1 2 3 4 5</p>	<p>Name how someone else may be feeling: use the physical signs to help you decide</p>  <p>1 2 3 4 5</p>	<p>Create a daily schedule with your parent</p>  <p>1 2 3 4 5</p>
<p>Watch a movie with your family. Which character would you pick for a best friend? Why?</p>  <p>1 2 3 4 5</p>	<p>Help your family with a chore around the house</p>  <p>1 2 3 4 5</p>	<p>Track your feelings using the included zones chart</p>  <p>1 2 3 4 5</p>	<p>Tell someone how you are feeling and ask them about how they feel</p>  <p>1 2 3 4 5</p>	<p>Create a reward chart with your parent</p>  <p>1 2 3 4 5</p>
<p>Watch a movie with your family. Which character would you NOT pick for a best friend? Why?</p>  <p>1 2 3 4 5</p>	<p>Build a fort or tent with someone</p>  <p>1 2 3 4 5</p>	<p>Use attached pages to draw a picture of you in one of the zones</p>  <p>1 2 3 4 5</p>	<p>Follow Directions the first time they're given</p>  <p>1 2 3 4 5</p>	<p>Do something out of order or backwards</p>  <p>1 2 3 4 5</p>
<p>Write about what Pikachu should do on the included page</p>  <p>1 2 3 4 5</p>	<p>Play a game outside with someone</p>  <p>1 2 3 4 5</p>	<p>Practice one of your favorite calming strategies</p>  <p>1 2 3 4 5</p>	<p>Practice using your best manners during dinner</p>  <p>1 2 3 4 5</p>	<p>Play a game with someone, decide together how to change the rules</p>  <p>1 2 3 4 5</p>
<p>Create your own What should he do? story and solution</p>  <p>1 2 3 4 5</p>	<p>Read a book with someone and come up with an alternate ending</p>  <p>1 2 3 4 5</p>	<p>Mindful Minute: Stop and take some deep belly breaths</p>  <p>1 2 3 4 5</p>	<p>Do something kind without being asked</p> <p>CHOOSE Kindness</p>  <p>1 2 3 4 5</p>	<p>Color your favorite calming options on the attached pages</p>  <p>1 2 3 4 5</p>

Counseling Home Practice Pg. 2

Use this menu to continue to build your Social, Emotional and Behavioral skills at home.

Pick 2-3 activities each week.





Cross off a number underneath when you complete it. Activities can be repeated.

Pages 2-16 can be used to support this menu of options and are not required.

<p>Play a game of Simon Says</p>  <p>1 2 3 4 5</p>	<p>Blow bubbles and try not to pop them for 1 min.</p>  <p>1 2 3 4 5</p>	<p>Pretend to apologize to someone</p>  <p>1 2 3 4 5</p>	<p>Call a friend or family member and ask them about their day</p>  <p>1 2 3 4 5</p>	<p>Come up with 10 ways to say hello/begin to play with someone</p>  <p>1 2 3 4 5</p>
<p>Create a skit for your family</p>  <p>1 2 3 4 5</p>	<p>Play a card game with someone</p>  <p>1 2 3 4 5</p>	<p>Make a list of positive things about yourself</p>  <p>1 2 3 4 5</p>	<p>Create a character that would be the PERFECT friend. Why?</p>  <p>1 2 3 4 5</p>	<p>Use one of Kelso's Choices to solve a problem</p>  <p>1 2 3 4 5</p>
<p>Tell a joke to your family</p>  <p>1 2 3 4 5</p>	<p>Write a card for someone</p>  <p>1 2 3 4 5</p>	<p>Make a list of positive things about someone else</p>  <p>1 2 3 4 5</p>	<p>Pretend someone is sad, how would you cheer them up?</p>  <p>1 2 3 4 5</p>	<p>Help someone else solve a problem using Kelso's Choices</p>  <p>1 2 3 4 5</p>
<p>Sing a song for someone or with someone</p>  <p>1 2 3 4 5</p>	<p>Write a thank you note to someone</p>  <p>1 2 3 4 5</p>	<p>Think about something negative, now change that thought to something positive</p>  <p>1 2 3 4 5</p>	<p>When someone's speaking to you, watch them like you watch TV</p>  <p>1 2 3 4 5</p>	<p>Share an item/toy/game with someone</p>  <p>1 2 3 4 5</p>
<p>Create and perform a dance for someone</p>  <p>1 2 3 4 5</p>	<p>Build/create something with someone</p>  <p>1 2 3 4 5</p>	<p>Thank someone for something specific</p>  <p>1 2 3 4 5</p>	<p>Wait patiently for your turn</p>  <p>1 2 3 4 5</p>	<p>Use your words to tell someone what you need</p>  <p>1 2 3 4 5</p>

THESE ARE MY ZONES OF REGULATION

			
<p>Blue Zone</p> <p>Sad Sick Tired Not Ready</p>	<p>Green Zone</p> <p>Happy Calm Focused Ready</p>	<p>Yellow Zone</p> <p>Frustrated Worried Anxious Excited/Silly Not Ready</p>	<p>Red Zone</p> <p>Mad Angry Out of Control Not Ready</p>

			
<p>Blue Zone</p> <p>sad tired sick moving tired slowly</p>	<p>Green Zone</p> <p>happy calm feeling ok focused ready to learn</p>	<p>Yellow Zone</p> <p>frustrated worried silly/wiggly excited loss of some control</p>	<p>Red Zone</p> <p>mad/angry terrified yelling/hitting elated out of control</p>

I CAN TELL WHEN OTHER PEOPLE ARE IN EACH ZONE BY LOOKING AT THEIR PHYSICAL CUES (FACE AND BODY)



EYES (BIG, SCRUNCLED, DOWN...)



MOUTH (SMILE, FROWN, SQUISHED...)



BREATHING (FAST, SLOW...)

5	Screaming/ Emergency Only	
4	Outside Voice	
3	Inside/ classroom Voice	
2	Whisper/ Soft Voice	
1	No Talking Silent/Still	

VOLUME (LOUD, QUIET...)



tone (HARSH, BUBBLY...)



TENSION (RELAXED, TENSE, SHAKING...)



APPEARANCE (TEARS, SWEAT, RED FACE...)

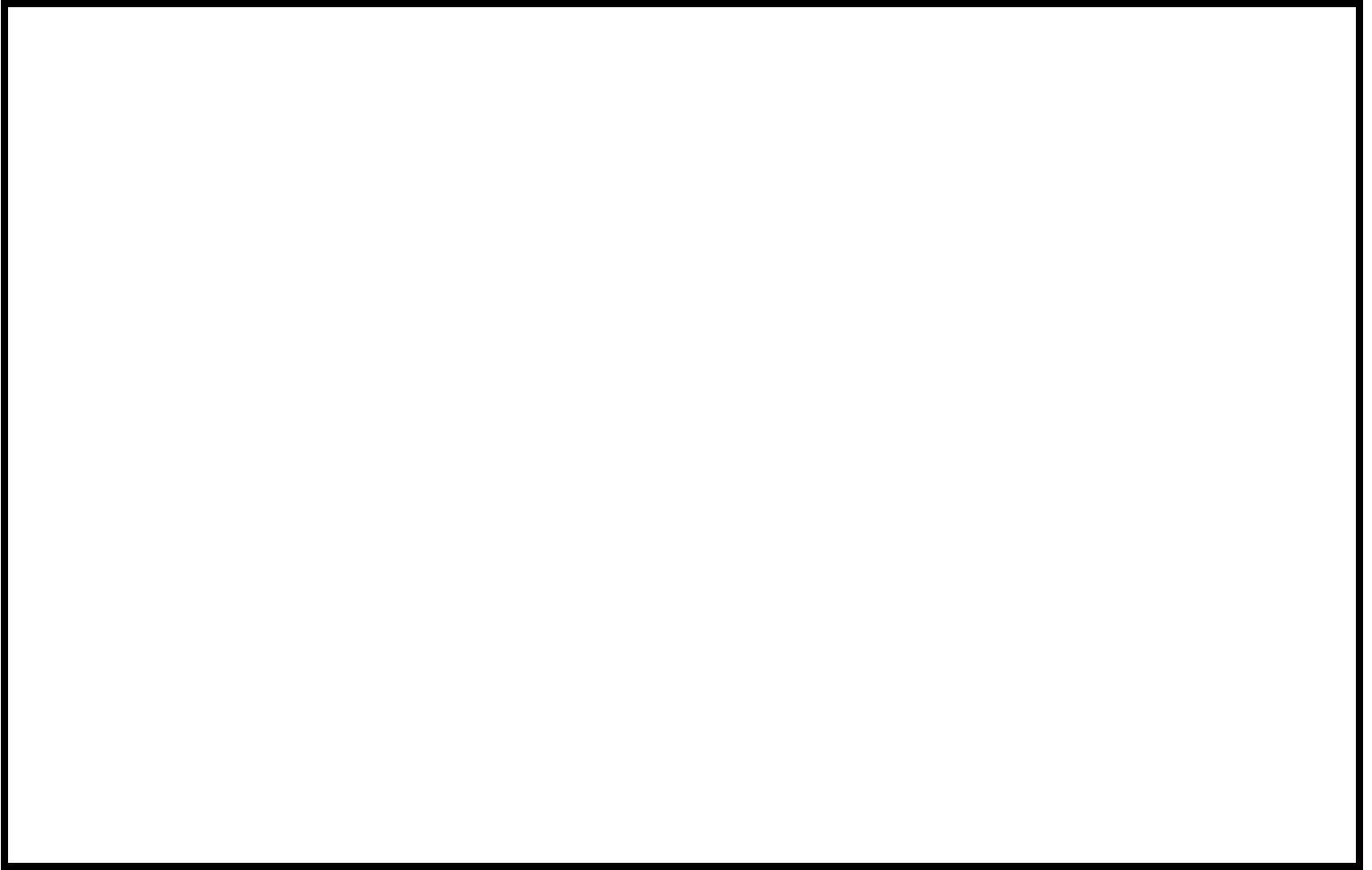


MOVEMENT (FAST, SLOW, NOT EATING, LOOK SICK...)



SPEAKING (FAST, SLOW, TROUBLE SPEAKING...)

THIS IS A PICTURE OF ME IN THE BLUE ZONE



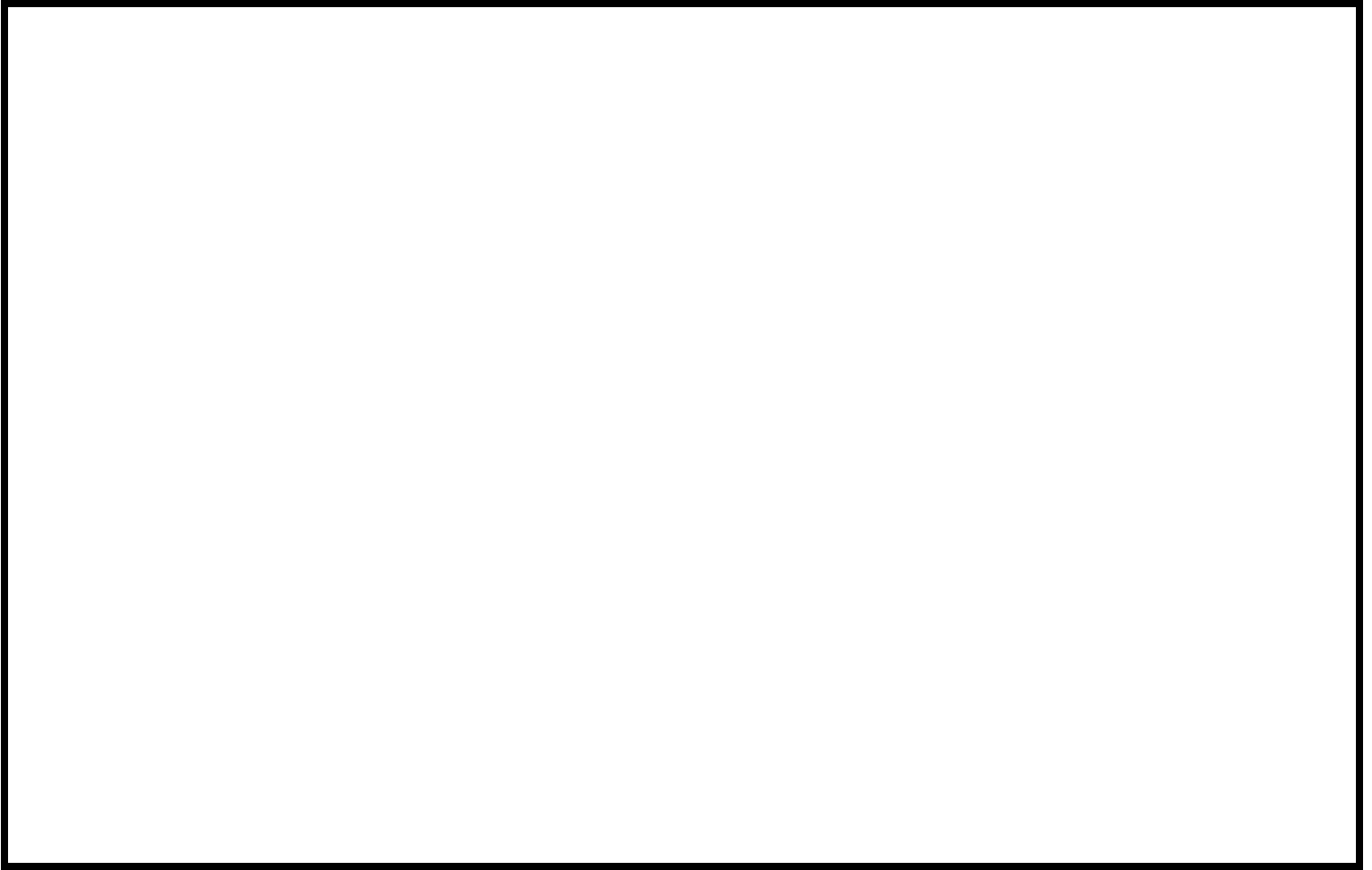
THE FACE AND BODY CUES THAT HELP ME KNOW WHAT THIS LOOKS AND FEELS LIKE ARE:







THIS IS A PICTURE OF ME IN THE GREEN ZONE



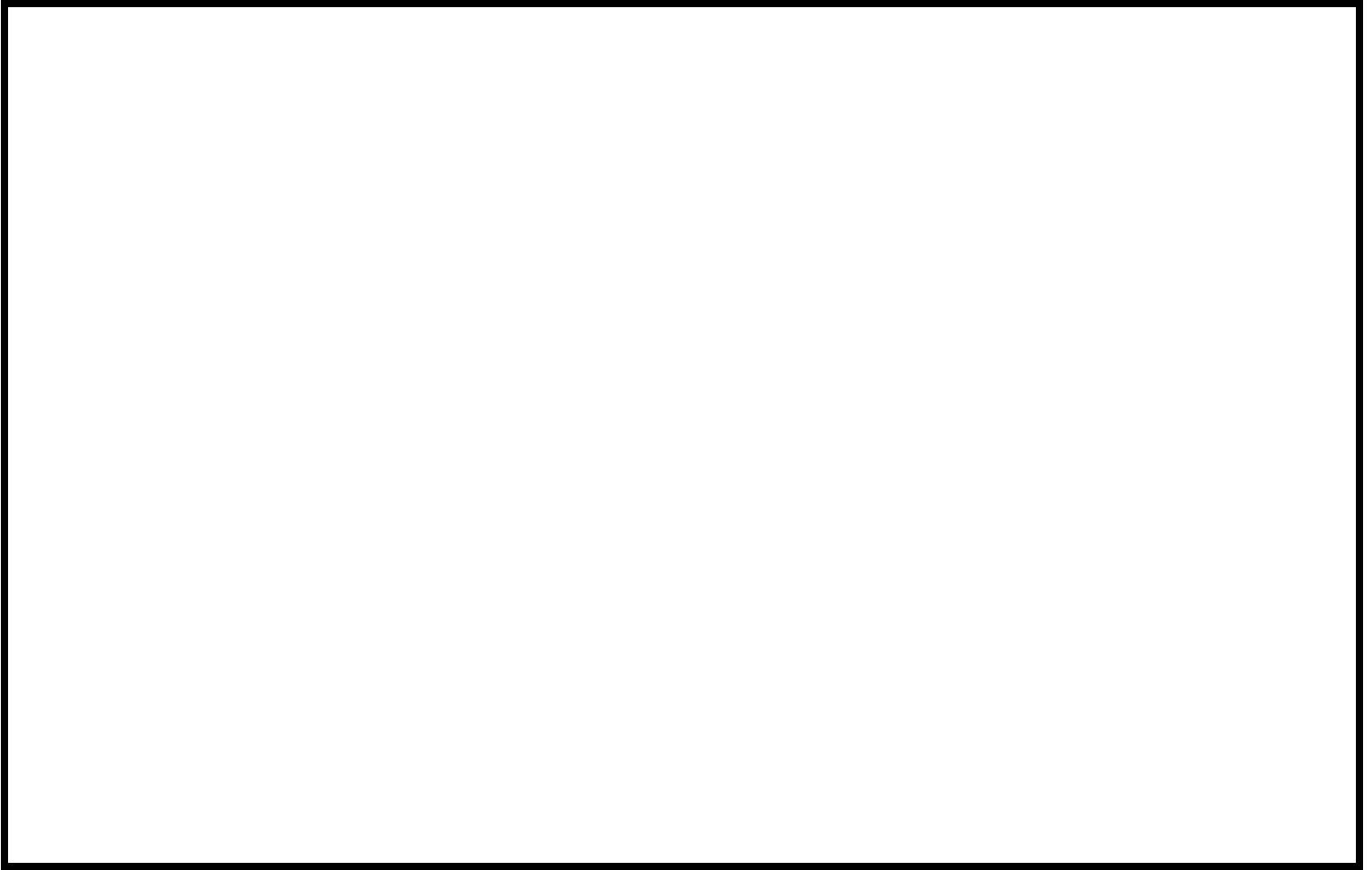
THE FACE AND BODY CUES THAT HELP ME KNOW WHAT THIS LOOKS AND FEELS LIKE ARE:







THIS IS A PICTURE OF ME IN THE **YELLOW** ZONE



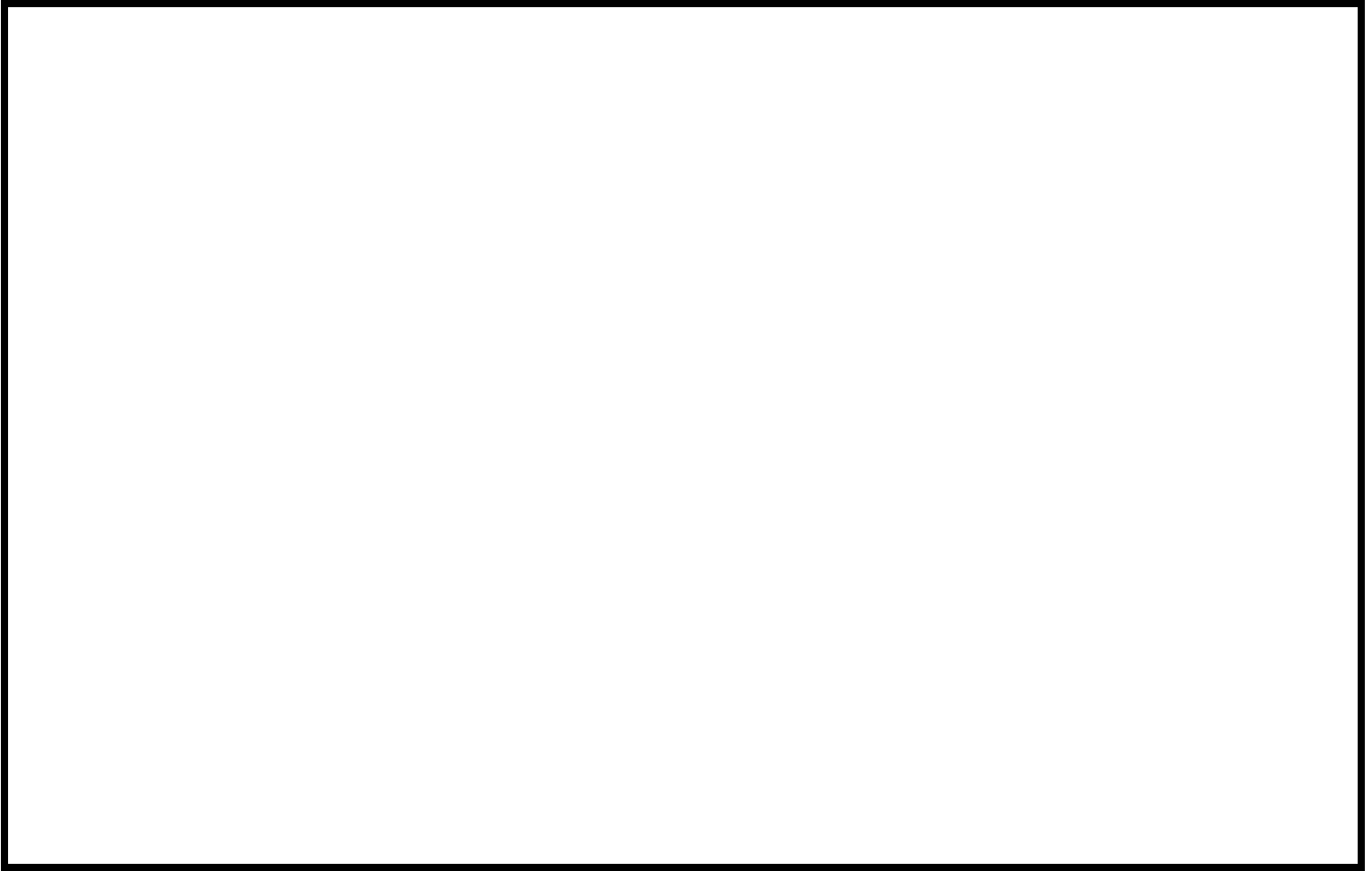
THE FACE AND BODY CUES THAT HELP ME KNOW WHAT THIS LOOKS AND FEELS LIKE ARE:







THIS IS A PICTURE OF ME IN THE RED ZONE



THE FACE AND BODY CUES THAT HELP ME KNOW WHAT THIS LOOKS AND FEELS LIKE ARE:







Check in Chart: How Am I Feeling?

Use the Zones Chart to help you decide

Monday				
Morning	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Afternoon	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Evening	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Tuesday				
Morning	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Afternoon	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Evening	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Wednesday				
Morning	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Afternoon	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Evening	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Thursday				
Morning	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Afternoon	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Evening	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Friday				
Morning	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Afternoon	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red
Evening	<input type="checkbox"/> Blue	<input type="checkbox"/> Green	<input type="checkbox"/> Yellow	<input type="checkbox"/> Red

If I'm in the Yellow or Red Zones, I can...



Take a rest break



Move something heavy



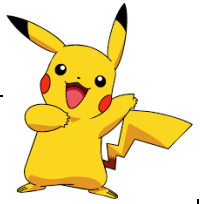
Rainbow Hunt



Use a Fidget

???

What Should Pikachu Do?



Problem: Pikachu is playing soccer with Squirtle and then Ash says it's time to leave. They need to practice preparing for their next battle. Pikachu is so mad, he already knows what to do in battles and really wants to play with Squirtle. Can you help Pikachu figure out what to do?

Solution 1:

Solution 2:

Solution 3:

Which solution would be the best choice? # _____ Draw a picture here.

What Should _____ Do?

Problem:

Solution 1:



Solution 2:

Solution 3:

Which solution would be the best choice? # _____ Draw a picture here.

Calming Options

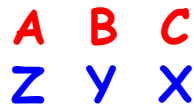
Color your favorite ways to calm your body or draw your own

<p>HUG</p> 	<p>TALK TO AN ADULT</p> 	<p>LISTEN TO MUSIC</p> 	<p>LET IT GO, MOVE ON</p> 
<p>READ</p> 	<p>MOVE SOMETHING HEAVY</p> 	<p>WALK/RUN</p> 	<p>SWING</p> 
<p>JUMPING JACKS</p> 	<p>STRETCH</p> 	<p>DEEP BREATHS</p> 	<p>INNER COACH</p> 
<p>TAKE A BREAK</p> 	<p>SENSORY TOOL</p> 	<p>COUNT DOWN FROM 10</p> 	<p>HAND SQUEEZES</p> 
<p>PRETZEL BREATH</p> 	<p>DRAW/COLOR</p> 	<p>JOURNAL WRITING</p> 	<p>BUTTERFLY</p> 
<p>FINGER TRACING</p> 	<p>FLOWER/CANDLE</p> 	<p>RAINBOW HUNT</p> 	<p>MINDFUL MINUTE</p> 

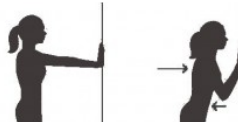
54321 SENSES



ABC'S FORWARD/BACKWARD



WALL PUSH UPS



PERSONAL VACATION



SNACK BREAK



GET A DRINK



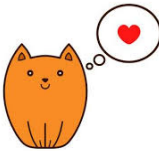
HELP SOMEONE



SMILING



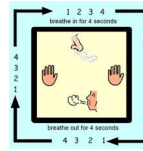
THINKING HAPPY THOUGHTS



THANKFUL FOR...

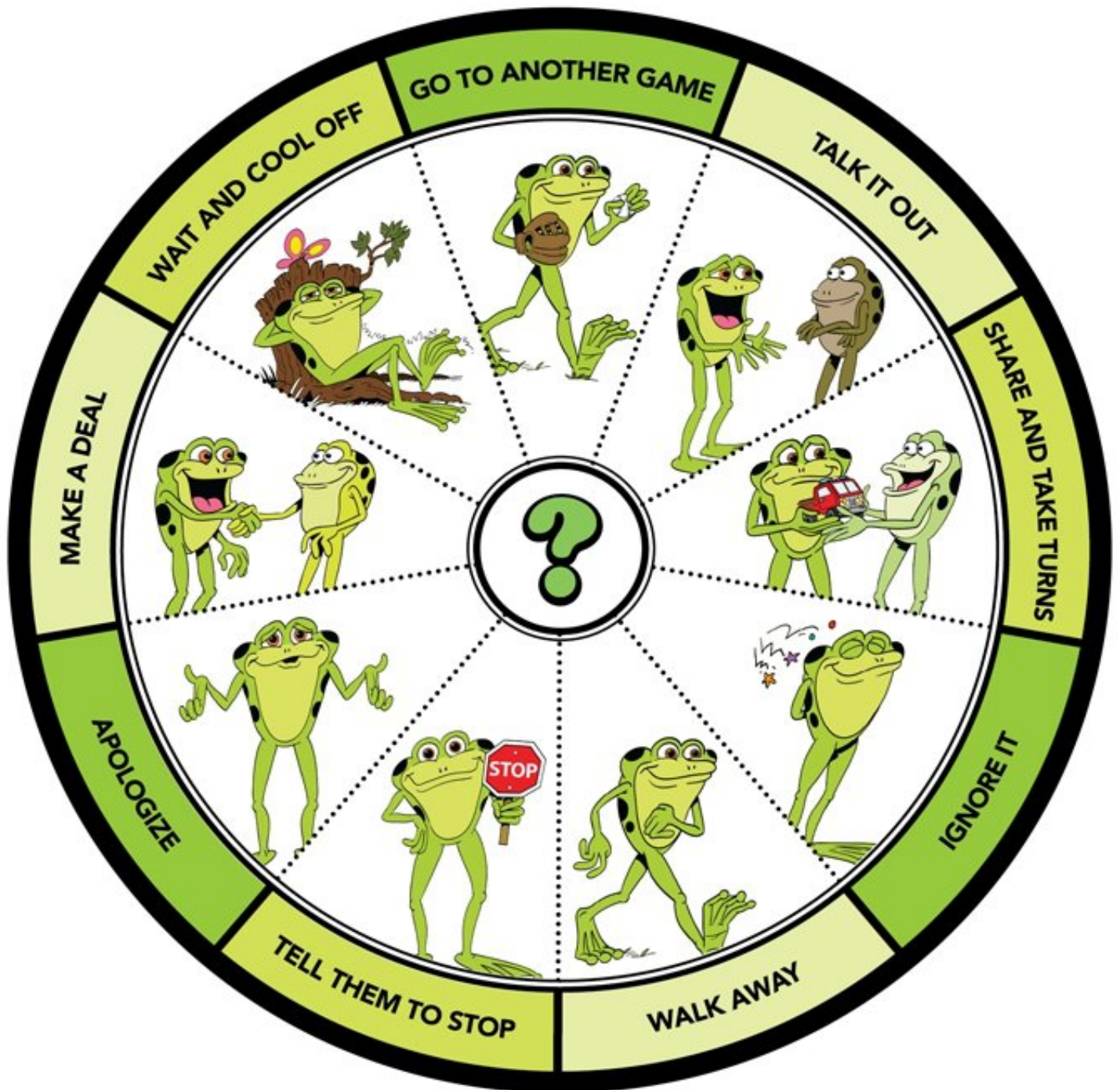


SQUARE BREATHING






Kelso's Choice

If you have a **SMALL** problem, try one of these...



If you have a **BIG** problem, tell an adult you trust

Sample Daily Schedule



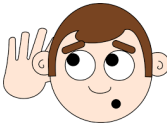


Picture	Time	Activity/Job
	8:30-9:00 am	Wake Up (brush teeth, change, etc)
	9:00-9:30 am	Breakfast
	9:30-10:30am & 10:45-11:30 am	School Work
	10:30-10:45 am	Snack
	11:30-12:00 am	Play Outside
	12:00-12:30 pm	Lunch
	1:00-3:00 pm	Quiet Time/Screen Time
	3:00-3:15 pm	Snack
	3:15-5:30 pm	Play Time or Finish Work
	5:30-6:00 pm	Dinner
	6:00-8:30 pm	Family Time
	8:30 pm	Bedtime (brush teeth, PJ's, story, etc)

Reward Chart

Job	Monday	Tuesday	Wednesday	Thursday	Friday
Total					

5 = _____

Sample Reward Chart

Job	Monday	Tuesday	Wednesday	Thursday	Friday
Clean up after myself 					
Work on my HW 					
Listen the 1st time 					
Be kind to my siblings 					
Use kind words 					
Feed the dog 					
Total					

5 = _____