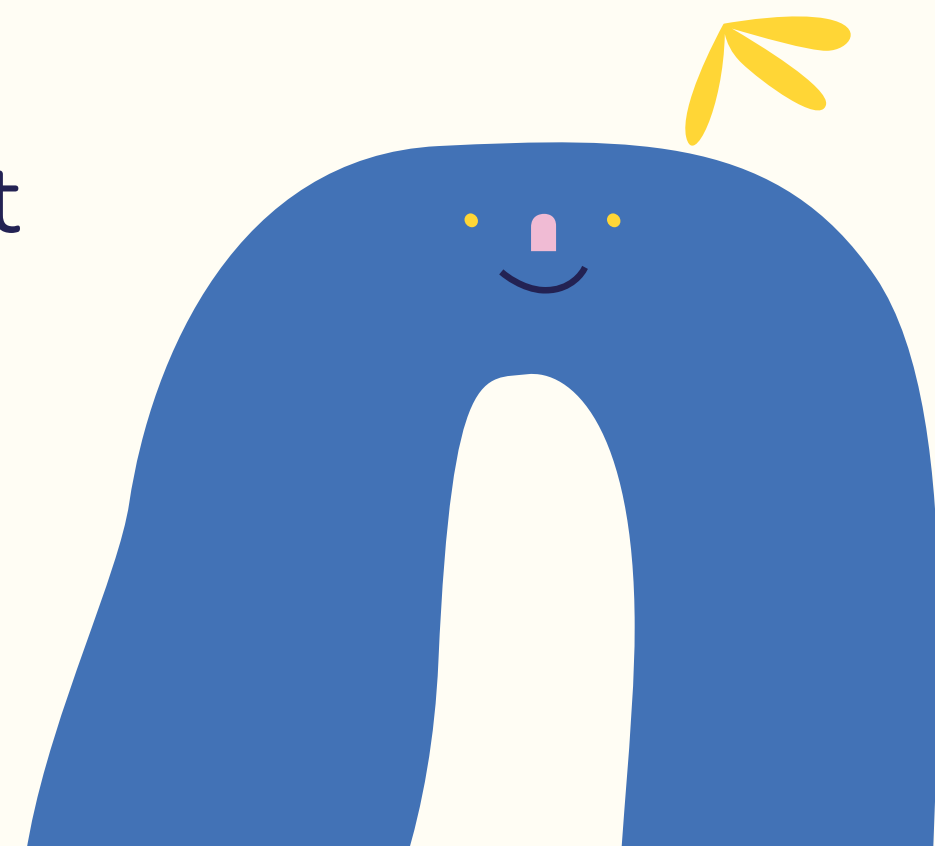
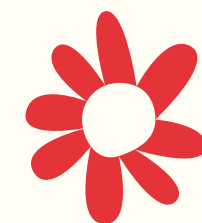


# LET'S DO IT TOGETHER!

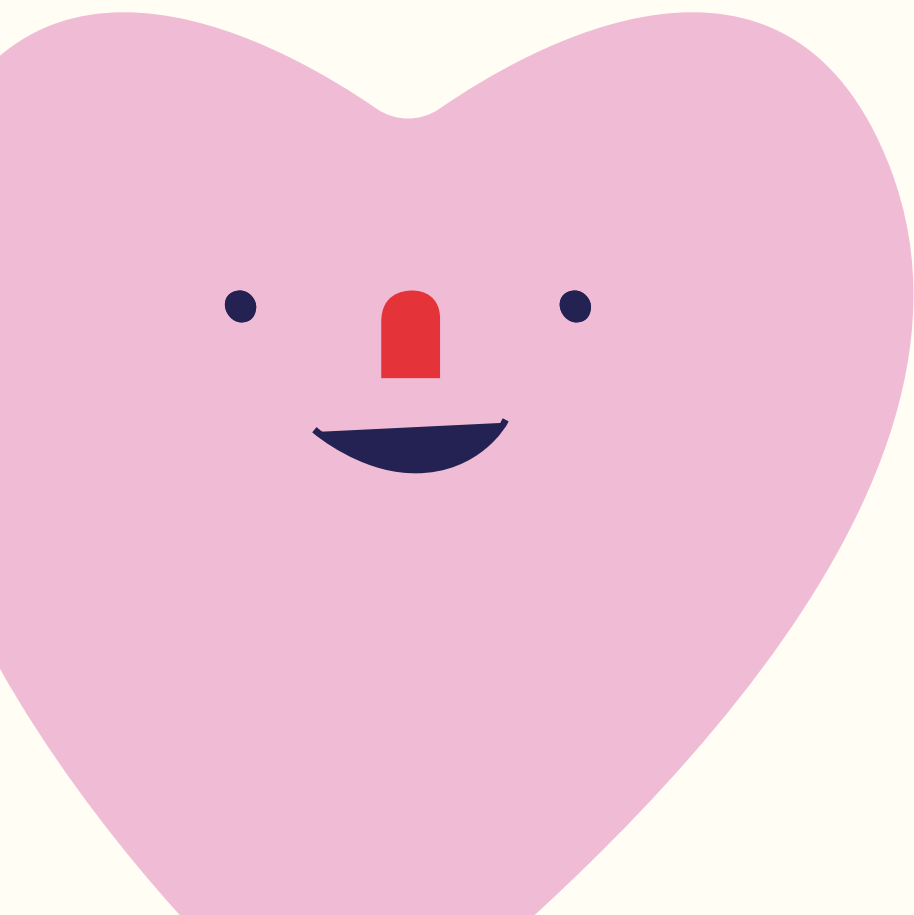
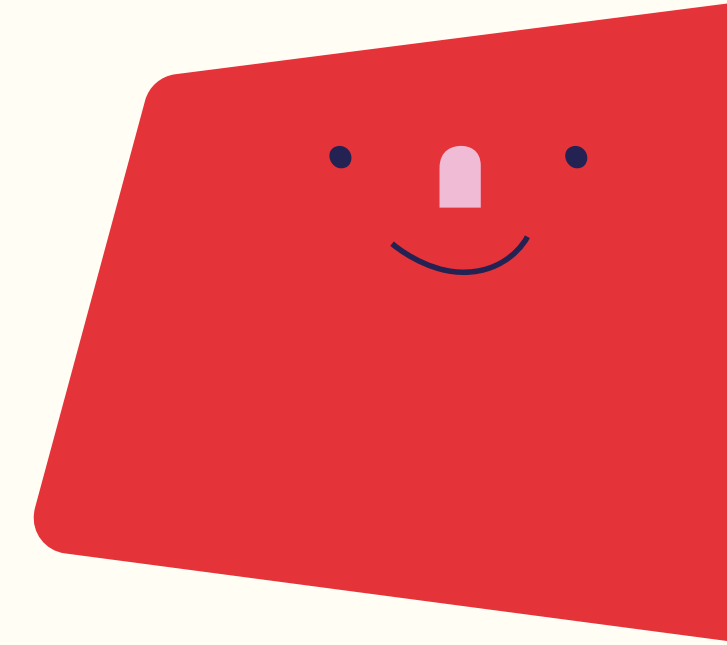


Strategies for Parents to Support  
Behavior at Home



**“Parenting is the easiest  
thing in the world to have an  
opinion about, but the  
hardest thing in the world to  
do”**

- Matt Walsh



# HOW CAN SUPPORTS BE USED AT HOME?

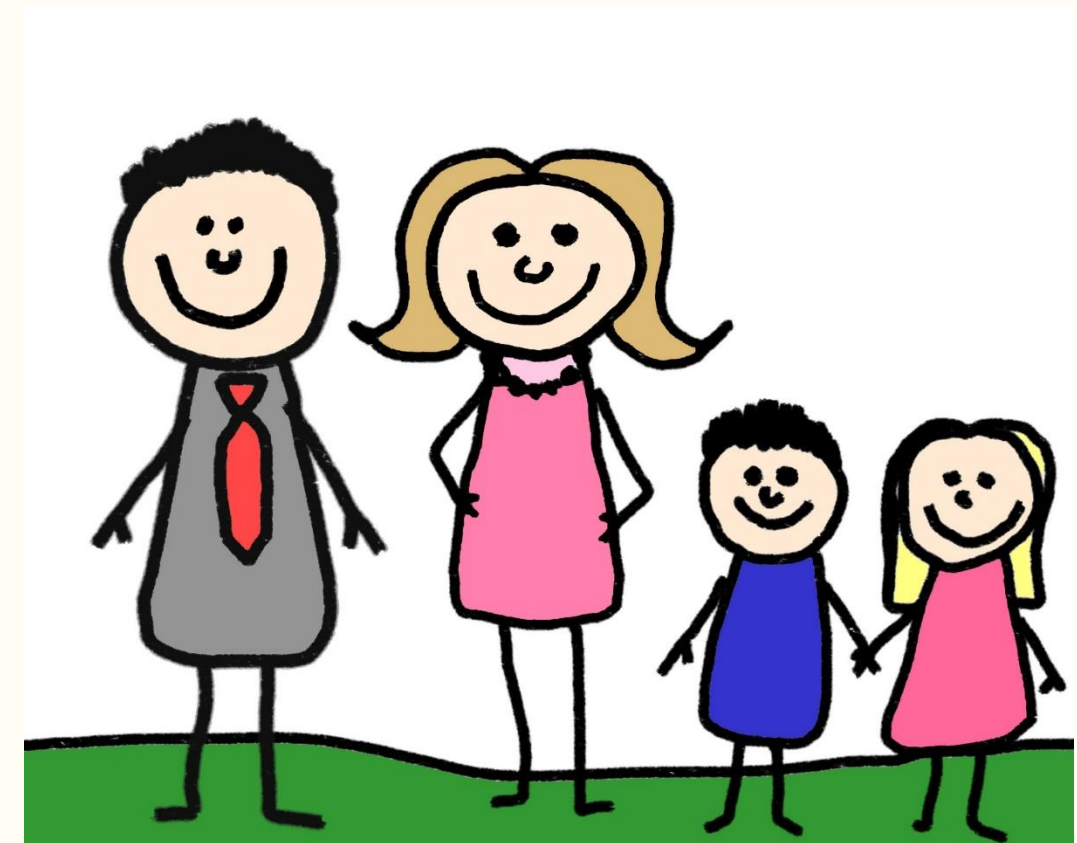


## Social Emotional Learning

A methodology that helps students of all ages to better comprehend their emotions, to feel those emotions fully, and to demonstrate empathy for others.

## Applied Behavior Analysis

Science of human behavior, where the behavior is influenced by the antecedents and consequences in that environment.



# SOCIAL EMOTIONAL LEARNING (SEL) COMPETENCIES

Self-awareness

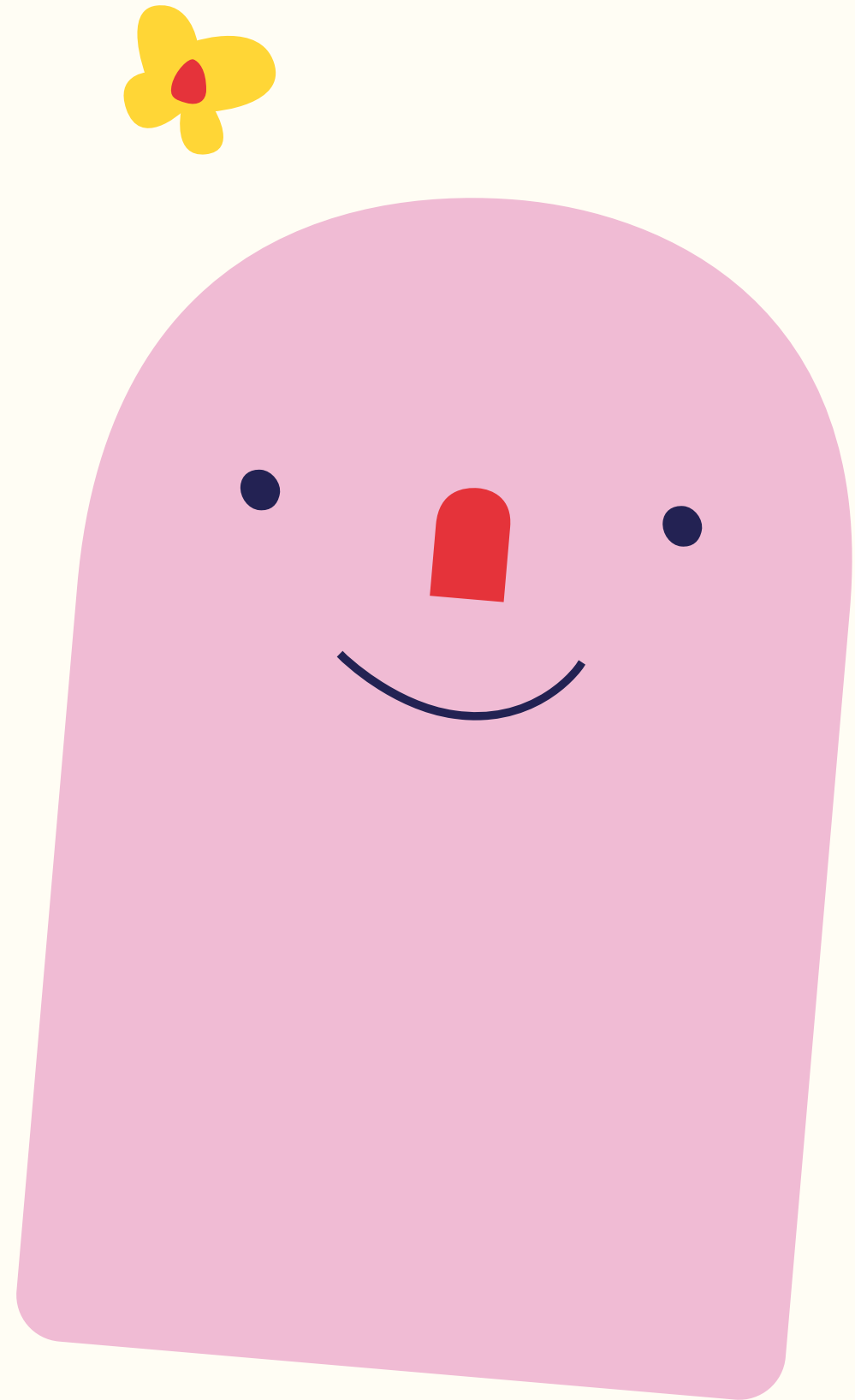
Social awareness

Responsible Decision Making

Self-Management

Relationship Skills





# EVIDENCE BASED PRACTICES

## Strategies based on research

Evidenced based practices (EBPs) are based on science and are used to assist in the increase of positive behaviors/skills we would like to see in our students/children.



# SEL STRATEGIES AT HOME

Gratitude journal

Glitter jar

Write a letter or draw a picture for  
a loved one

Make a schedule/to do's

Breathing exercise/reset



# INCORPORATING EBPS AT HOME

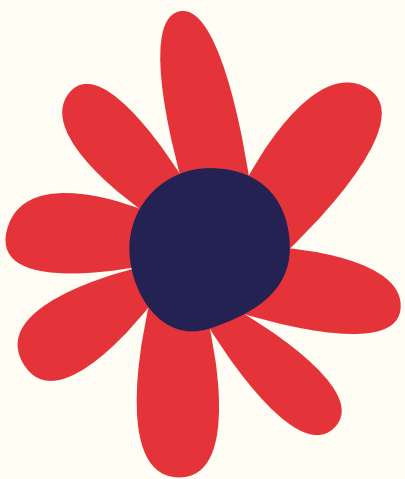
Visual Supports

Reinforcement (praise)

Modeling

Priming (Frontloading)





# Coping Strategies Choice Board

**My Strategies**

When I'm feeling:

**My Plan**

I am feeling:

I can:

I will:

Specialties

A choice board for coping strategies. It features a purple border and a central area with two columns: 'My Strategies' and 'My Plan'. Under 'My Strategies', there are sections for 'When I'm feeling:' and 'I can:', each with a small illustration and a box for a strategy. Under 'My Plan', there are sections for 'I am feeling:' and 'I will:', each with a small illustration and a box for a plan. A cartoon girl is on the left, and a 'Specialties' logo is at the bottom right.

# When I'm Upset

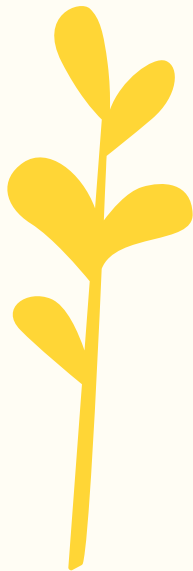
I can read

I can listen to music

I can rest on a pillow

I can do a puzzle

I can draw a picture

A board titled 'When I'm Upset' showing a cartoon boy with a sad face. Below the title are five boxes, each with an illustration and a strategy: reading, listening to music, resting on a pillow, doing a puzzle, and drawing a picture.

# My after school routine.

Hang up backpack and coat. Put shoes away.

Wash your hands.

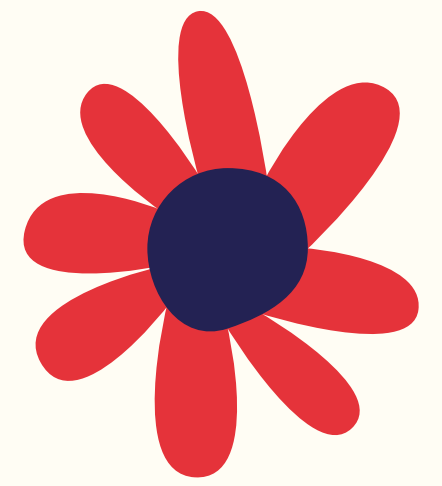
Show mom your school work.

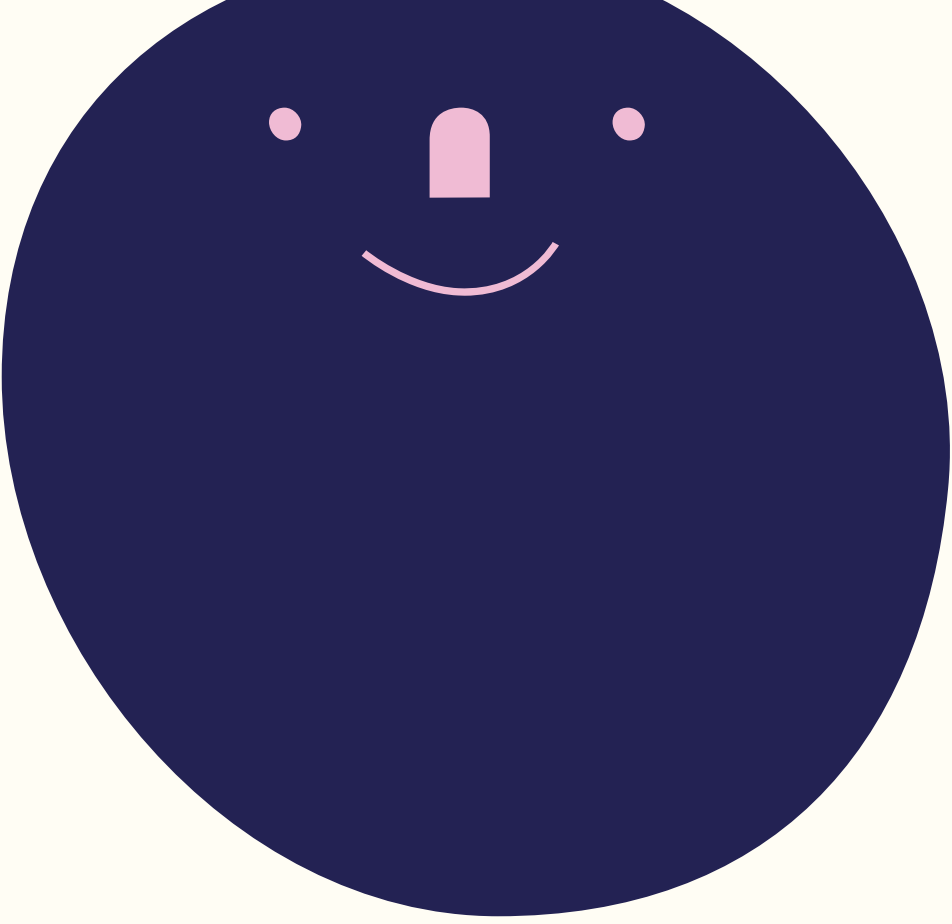
Snack time!

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A routine chart titled 'My after school routine.' It shows a sequence of four steps: hanging up a backpack and coat, washing hands with soap, showing school work, and snack time. Each step is illustrated with a drawing and text. The chart is framed with a colorful striped border.







# RESOURCES

[5 Easy Social Emotional Learning Activities For Kids To Do At Home — Better Kids](#)

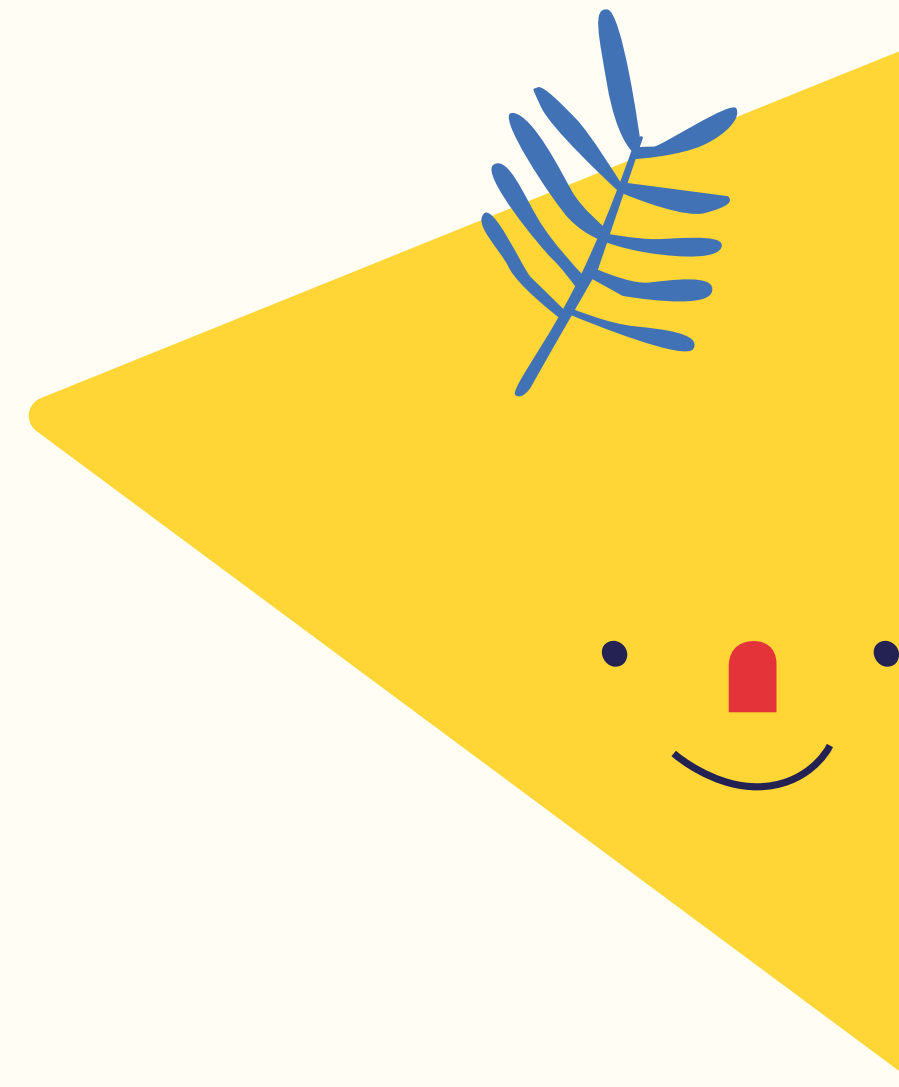
[Better+Kids Social+Emotional+Learning Daily+Schedule.pdf \(squarespace.com\)](#)

[SelfRegulationCalmingStrategiesChoiceBoardFREEBIE-1.pdf](#)

[Advancing Social and Emotional Learning – CASEL](#)

<https://www.firefliesandmudpies.com/glitter-timers/>

[https://www.livinglocurto.com/wp-content/uploads/2009/03/after\\_school\\_chart.pdf](https://www.livinglocurto.com/wp-content/uploads/2009/03/after_school_chart.pdf)



# QUESTIONS?

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