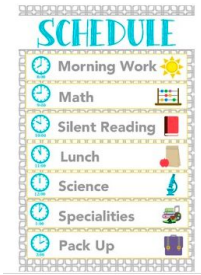


TOP BEHAVIOR COACHING TOOLS: To Support Parents & Families



Setting up a Predictable Visual Schedule for the Day

Ask: Does your child know what the day is going to look like?

- [Visual Schedule with Pictures #1](#) [Visual Schedule with Pictures #2](#)
- [Visual Schedule with Technology Expectations](#)
- [Blank Visual Schedule](#) [Visual Schedule in Spanish](#)
- Include movement in your schedule: Work, then Move/Break, Work, then Move/Break
 - [Brain Break Visual](#), [Indoor Games and Activities](#), School iPad App: [Go Noodle](#)
- GOPPDR (Goal, Obstacle, Plan, Preview, Do, Review) [GOPPDR Visual and Questions](#)

Setting up a Plan for when you or your child is “Not Ready”

Ask: Are you or your child stuck? Things to try...



- Give Space. [Infographic: Supporting Parent Self-Care and Co-Regulation Spanish Version](#)
- Use [Ready/Not Ready](#) language - [Ready at Home Visual](#) [Ready/Not Ready Visual](#)
- Prompt to take a break
- Use [First/ Then](#) or [Make a Plan Sheets](#) or [Make a Plan](#) to make a simple plan together
- Ideas for “Then” (what to do after work is done) - [Activities K-5](#), [Activities 6-12](#)



Setting up a Break Routine for your Child at Home

Ask: Does your child know what to do to take a break?

- [Setting up a Break Space at Home](#)
- [Zones of Regulation Visual](#) [Zones Toolbox/ Zones Tool Menu](#)
- [Break Checklist Routine for Home](#) [Spanish Version](#)
- School iPad Apps found in Self Service: [Stop Breathe & Think](#), [Calm](#)