

# ☐ Behavioral Support Strategies Toolkit

*Creating Positive Learning Environments for Every Child*

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## ☐ Table of Contents

Section	Page
☐ Introduction & Purpose	3
☐ Understanding Child Behavior	4
☐ Creating a Positive Environment	5-6
* Proactive Strategies	7-9
☐ Fun Activities & Games	10-12
☺ Emotional Support Tools	13-14
☐ Transition Strategies	15-16
☐ Tracking & Assessment	17-18
☐ Home-School Connection	19
☐ Resources & References	20

## ☐ Introduction & Purpose

### Welcome to Your Behavioral Support Journey!

This toolkit is designed specifically for educators working with children who need extra behavioral support. Every strategy included has been **child-tested** and **teacher-approved** for creating positive, inclusive learning environments.

## ☐ What Makes This Different?

- ✓ **100% Positive Approach** - Focus on what children CAN do
- ✓ **Activity-Based Learning** - Fun, engaging strategies kids love
- ✓ **Visual Tools** - Pictures and symbols that speak to every learner
- ✓ **Practical & Doable** - Real strategies for real classrooms

## □ Our Philosophy: "Catch Them Being Good!"

Instead of waiting for problems, we actively look for opportunities to celebrate positive behavior. This creates a classroom culture where children WANT to succeed!

## □ Understanding Child Behavior

### □ Why Do Children Act Out?

Reason	□ What It Looks Like	□ What They Need
<b>Attention</b>	Calling out, disrupting, silly behavior	Positive attention, special jobs
<b>Escape</b>	"I can't do this!", tantrums, avoidance	Break tasks into smaller steps
<b>Sensory Needs</b>	Fidgeting, moving around, touching things	Sensory breaks, movement opportunities
<b>Communication</b>	Frustration, hitting, shutting down	Alternative ways to express needs

## □ The Behavior Iceberg

Remember: What we see (behavior) is just the tip of the iceberg. Underneath are:

- **Feelings** (scared, confused, overwhelmed)
- **Needs** (safety, connection, understanding)
- **Skills** (still developing self-control, communication)

## □ Key Principle: All Behavior is Communication

When a child acts out, they're telling us something important. Our job is to listen with our hearts and respond with kindness.

## □ Creating a Positive Environment

### □ Physical Space Setup

#### □ Calm Down Corner

Create a cozy space with:

- Soft cushions or bean bag
- Sensory toys (stress balls, fidgets)
- Breathing visual aids
- Timer for break time
- "Feelings" poster with emojis

## □ Visual Classroom Rules (With Emojis!)

Rule	Visual	Child-Friendly Language
Be Kind	□	We use gentle hands and words
Be Safe	□	We keep our bodies and friends safe
Be a Learner	□	We try our best and ask for help
Be Respectful	□	We listen and take turns

## □ Classroom Atmosphere Tools

### □ Calm Music Playlist

- Nature sounds for work time
- Upbeat songs for transitions
- Soft melodies for rest time

### □ Emotional Temperature Check

Daily visual check-in using emoji faces:

😊 Great Day! | 😌 Okay Day | 😔 Tough Day | 😔 Need Help

## ★ Proactive Strategies

### □ Prevention is Better Than Reaction!

#### □ Predictable Daily Schedule

**Morning Circle Time Activities:**

1. **Weather Reporter** - One child shares today's weather
2. **Feelings Check-In** - Everyone shows their emoji feeling
3. **Special Helper** - Assign meaningful classroom jobs
4. **Preview the Day** - Visual schedule walkthrough

### □ Positive Reinforcement System

**The STAR System:**

- **Special recognition** for great choices
- **Tangible rewards** (stickers, certificates)
- **Attention** for positive behavior
- **Recognition** in front of peers

## ▢ **Specific Praise Strategies**

Instead of "Good job!" try:

- "I noticed you helped clean up without being asked! □"
- "You used your calm down breathing when you felt angry! □"
- "Thank you for raising your hand and waiting! □"

## ▢ **The 5:1 Rule**

Give **5 positive interactions** for every **1 correction**. This builds trust and motivation!

## ▢ **Fun Activities & Games**

### ▢ **Behavior Building Games**

#### ▢ **Red Light, Green Light - Feelings Edition**

- **Green Light** = Happy, calm feelings - move freely
- **Yellow Light** = Worried, frustrated - slow down and breathe
- **Red Light** = Angry, overwhelmed - STOP and use calm down strategies

#### ▢ **Emotion Dice Game**

Create foam dice with different emotions on each side. Children:

1. Roll the dice
2. Act out the emotion
3. Share when they felt that way
4. Discuss healthy ways to handle the feeling

#### ▢ **Compliment Circle**

Every Friday, sit in a circle and:

- Each child gives one genuine compliment to the person next to them
- Teacher models specific, behavior-focused compliments
- Record compliments on a "Kindness Tree" display

## □ Creative Expression Activities

### 😊 Feeling Faces Art Station

#### Materials Needed:

- Paper plates
- Crayons/markers
- Yarn for hair
- Mirrors for self-reflection

#### Activity Steps:

1. Children look in mirror and identify their current feeling
2. Create a paper plate face showing that emotion
3. Share with the group: "I feel \_\_\_\_ because \_\_\_\_"
4. Display all faces to show "All feelings are okay!"

## ▢ Personal Success Stories

Children create mini-books about:

- "A time I was helpful"
- "When I made a good choice"
- "How I solved a problem"

## ▢ Movement & Energy Activities

### ▢ Mindful Movement Breaks

- **Balloon Breathing:** Pretend to blow up a balloon slowly
- **Flower Power:** "Smell the flower" (breathe in), "Blow out the candle" (breathe out)
- **Animal Stretches:** Bear stretches, cat stretches, butterfly wings

### ▢ Transition Songs

Create simple melodies for:

- Clean up time: "Clean up, clean up, everybody everywhere!"
- Line up time: "Walking feet, quiet voices, hands to self!"
- Calm down time: "Take a breath, count to three, calm and peaceful I will be!"

## 😊 Emotional Support Tools

### ▢ Feelings Identification Tools

#### ▢ Emotion Thermometer

Level	Emoji	Feeling Words	What To Do
5	😡	Furious, Explosive	Use calm down corner immediately
4	😠	Angry, Mad	Take 5 deep breaths
3	牿	Frustrated, Annoyed	Ask for help
2	😊	Okay, Neutral	Keep going!
1	😊	Happy, Calm	Share the joy!

#### ▢ Emotion Expression Cards

Create laminated cards showing:

- Basic emotions with pictures
- Coping strategies for each emotion
- "I need..." statements children can point to

## ▢▢ Self-Regulation Techniques

### ▢ Calm Down Strategies Menu

#### For Angry Feelings:

- 🧘 Deep breathing exercises
- 🏃 Physical exercise (jumping jacks, running in place)
- 🖌 Drawing or coloring
- 🤹 Hugging a stuffed animal

#### For Sad Feelings:

- 🧑 Talking to a trusted adult
- 📖 Reading a favorite book
- 🎧 Listening to calming music
- 🖊 Writing in a feelings journal

#### For Worried Feelings:

- 🕒 Counting to 10 slowly
- 🧘 Positive self-talk ("I can handle this!")

- Asking for help
- Mindfulness exercises

## Problem-Solving Steps for Kids

### The STOP Method:

- Stop what you're doing
- Take a deep breath
- Observe what's happening
- Plan your next step

## Transition Strategies

### Making Changes Easier

Transitions are often the hardest part of a child's day. Here's how to make them smoother:

### Transition Warning System

- **10 minutes:** "In 10 minutes, we'll clean up for lunch"
- **5 minutes:** "5 more minutes of center time"
- **2 minutes:** "2 minutes to finish up"
- **Time's up:** "Clean up time! Let's see how quickly we can do it!"

### Transition Activities

#### The Cleanup Countdown:

"10 little toys scattered on the floor,  
Put one away, now there are 9 more..."  
(Continue counting down to create urgency and fun)

#### Follow the Leader:

Teacher leads with specific movements:

- Tiptoe to the door
- Hop like a bunny to the rug
- Walk like a robot to line up

## ☐ Specific Transition Challenges

### ☐ Lunchtime Transitions

#### **Before Lunch Checklist:**

- Hands washed
- Materials put away
- Chair pushed in
- Ready to go!

### ☐ Recess to Classroom

#### **Cool Down Routine:**

1. Walk, don't run to the door
2. Take 3 deep breaths outside
3. Use quiet voices in the hallway
4. Sit on the carpet for story time

## ☐ Tracking & Assessment

### ☐ Simple Behavior Tracking Tools

#### **Daily Success Tracker**

Student Name	Monday	Tuesday	Wednesday	Thursday	Friday
Following Directions	***	**	***	***	***
Kind to Friends	**	***	***	**	***
Trying Their Best	***	***	**	***	***

#### **Rating System:**

- \*\*\* = Awesome day!
- \*\* = Good job!
- \* = Let's try again tomorrow

## ☐ Behavior Incident Log

### **When challenging behavior occurs, record:**

- **Time:** When did it happen?
- **Trigger:** What happened right before?
- **Behavior:** What exactly did you see?

- **Response:** How did you handle it?
- **Outcome:** How did the child respond?

## □ Goal Setting with Children

### □ Personal Behavior Goals

Help children set achievable goals:

- "This week I will raise my hand 3 times"
- "I will use my words when I'm frustrated"
- "I will help clean up without being asked"

#### **Make it Visual:**

Create goal charts with:

- Pictures of the target behavior
- Daily check-off boxes
- Celebration spaces for achievements

## □ Home-School Connection

### □ Partnering with Families

#### □ Positive Phone Calls Home

Make it a goal to call parents with GOOD news:

- "Priya shared her snack with a friend today!"
- "Ravi solved a problem all by himself!"
- "Maya used beautiful manners in the cafeteria!"

#### □ Daily Communication Notes

##### **Simple Format:**

"Today [Child's name]:

- ✓ One thing that went really well
- ✓ Something they're working on improving
- ✓ How you can support at home"

## Home Extension Activities

### Family Feeling Check-Ins

Send home:

- Emotion chart for family use
- Questions for dinner conversations
- Ideas for celebrating good choices at home

### Bedtime Reflection Questions

Encourage families to ask:

- "What made you proud of yourself today?"
- "How did you help someone today?"
- "What will you try tomorrow?"

## Resources & References

### Recommended Reading

- *The Whole-Brain Child* by Daniel Siegel
- *Teaching with Love and Logic* by Jim Fay
- *Positive Discipline* by Jane Nelsen

### Online Resources

- **Includia Trust Website:** [includiatrust.com](http://includiatrust.com)
- **Free Behavior Charts:** Available on our resource page
- **Training Videos:** Access our YouTube channel
- **Support Community:** Join our Facebook group for teachers

### Contact Information

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## Final Thoughts

Remember: **Every child can succeed when given the right support!**

This toolkit is your starting point. Adapt these strategies to fit your unique students and classroom. Trust your instincts, stay positive, and celebrate small wins along the way.

**You've got this! ☺**

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**Thank you for choosing to make a difference in children's lives! ☺**