Caught you Doing Something Good! (Reinforcing Positive Behavior)

This is an easy and relational way to reinforce good behavior. Best for children age 2-13 years old. Here are the steps:

1) Take a shoebox or a tissue box and have your child decorate the box with magazine clippings, colored paper, etc. This is now your child’s Caught You Doing Something Good Box.

2) Describe the types of good behavior you would like to see more of. For example, you’d like to see your child cleaning up after herself; you’d like to see your child express frustration with words, instead of acting out; you’d like to see your child help her younger sibling; you’d like to see you child say “thank you” and “please.”

3) If appropriate, write the behaviors down and post them somewhere you can see them often – like on the refrigerator or in your child’s bedroom. This can be a good reminder for you both.

4) Tell your child that you will give her a voucher every time you see the good behavior. You can use a voucher like the one below. For older children, some parents use tokens – like small plastic stars or marbles.

5) Determine what “prize” your child will earn for the good behavior. For example, your child may earn special one-on-one time with you, an outing to the zoo, stickers, the opportunity to bake a special dessert for the family, the ability to watch an extra cartoon before bed, etc. Prizes do not need to be material things. Fun experiences, special recognition and time with loved ones are great motivators too.

6) Start “catching” your child doing something good. Hand out a voucher each time you see the desired behavior and verbally praise your child.

7) Have your child place the voucher in the Caught You Doing Something Good Box.

8) Count the vouchers at the end of the day (for younger children) or at the end of the week (for older children) to determine when “prizes” have been earned.
Caught You Doing Something Good!!!
Voucher

__________________________ was caught __________________________
(Child’s Name) (The Good Behavior)

________________________________________________. Great job!!!!!!

Parent Signature:_________________________ Date:________________

Cut here

Caught You Doing Something Good!!!
Voucher

__________________________ was caught __________________________
(Child’s Name) (The Good Behavior)

________________________________________________. Great job!!!!!!

Parent Signature:_________________________ Date:________________

Cut here

Caught You Doing Something Good!!!
Voucher

__________________________ was caught __________________________
(Child’s Name) (The Good Behavior)

________________________________________________. Great job!!!!!!

Parent Signature:_________________________ Date:________________

Cut here
Coping Skills Box (Stress Management Tools)

Stress affects everyone, and we all have different ways of calming down, managing discomfort and relaxing.

1) Talk to your child about how she experiences stress. Does she feel it in their body? Does it build up slowly, or come quickly? Does she feel shaky? Does she feel cold or hot?

2) If appropriate, help her draw it out. If you have large butcher paper, you can outline your child’s body, and then fill it in with color, words, and images that show how stress feels in her body.

3) Then talk to your child about ways of handling stress to feel better. Share coping strategies that you use that could be helpful. For example, you might share that going for walk, cooking, dancing, reading, or taking a bath help you manage stress. Ask your child what has worked for her?

4) Introduce the idea of a Coping Skills Box – a place where your child can keep “tools” to help her handle stress.

5) Decorate a shoebox with your child, and then identify “tools” to place inside. Tools may include:
   a) Items that can be squeezed or physically re-shaped - like fidgets, play dough, pipe cleaners, a worry stone or de-stress ball* (instructions for how to make your own de-stress ball can be found on the next page).
   b) Hot sauce, gum, hard candy.
   c) Perfume, scented body oil or scented spray.
   d) A soft blanket or plush toy that can be hugged.
   e) A picture or image that is associated with calm and/or a positive memory.
   f) Bath oil or bath salts – to prompt the child to take a warm bath.
   g) A music player and/or earphones.
   h) A book or journal.
   i) Drawing paper and crayons and/or markers.
   k) Materials to make arts and crafts, including color loop rubber bracelet kits (many kits are as inexpensive as $2.50 a package and include instructions).

6) Each Coping Skills Box will be different. Your child may want to make a box for her room and then a smaller Coping Skills Pouch to take to school.

Create and Decorate a De-Stress Ball (from Ehow.com)

1) Find the Balloon
The stress ball will be going through lots of stress of its own, as the material will be getting a daily, or sometimes even an hourly, squeeze. When searching for the perfect balloon for the stress ball, purchase a balloon that is made with a thicker rubber skin that when blown up to its maximum size, will become at least 5 inches in diameter. A smaller balloon that only expands an inch or so wide when blown up to its maximum will not have as much give in the rubber like a larger balloon and will result in a shorter stress ball lifespan.

2) Select the Filling

A stress ball can be filled with a variety of substances, including cornstarch, flour and sand. The goal of a good filling is to make sure it will not spoil, has lots of give and is made up of tiny particles. The tiny particles, like sand, allow the stress ball to be squished and squeezed comfortably instead of using something like marbles or coins. When putting the selected filling into the balloon, first blow it up halfway and pinch the end. Then, place a funnel at the top and pour between 3/4 cup to 1 cup of the cornstarch, sand or flour into the funnel. Then, allow the balloon to deflate around its contents. Tie a knot into the end of the stem of the balloon and your stress ball is almost finished.

3) Decorate and De-Stress

Have your child decorate the stress ball, using a permanent marker or a paint pen. Draw a goofy face with an ‘O’ mouth that expands when squeezed or write words like, “de-stress me” or “Sam’s stress relief.” Using a marker or pen with permanent ink or paint will not interfere with the squishing and squeezing like stickers or stick-on objects would. Before drawing on the new stress ball, test the marker on another, unfilled balloon first to make sure the marker does not come off on your hands when touched. One additional decoration that will not interfere with squeezing is to tie a ribbon in a bow over the knot on the stem of the balloon.

Read more: ehow.com/way_5616586_directions-stress-ball-using-balloons.html#ixzz31XmU4q8I

Mindful Juicing

This is a fun activity to do together - while learning about good nutrition. Use a blender or a Bullet to prepare a smoothie. Begin the mindfulness practice by having the student take two deep breaths. Tell them that you have made a yummy smoothie and that you’d like them to use their senses to describe the taste, texture and feeling. Have them close their eyes, if they feel comfortable. Then ask the student to describe what they taste. Have them guess what is in the smoothie (let them know if they’re right and/or on the right track). Ask the student to describe the texture of the smoothie. Ask them to describe what it feels like in their mouth, and what it feels like as it goes down their throat.

Afterward, ask them what the experience was like. How did they feel before the experience? During? How about after? Praise the child for their participation and highlight the value for bringing moments of focused-attention into their daily life.

Adapted from techniques shared by Edgewood Center for Children and Families - Therapeutic Behavioral Services