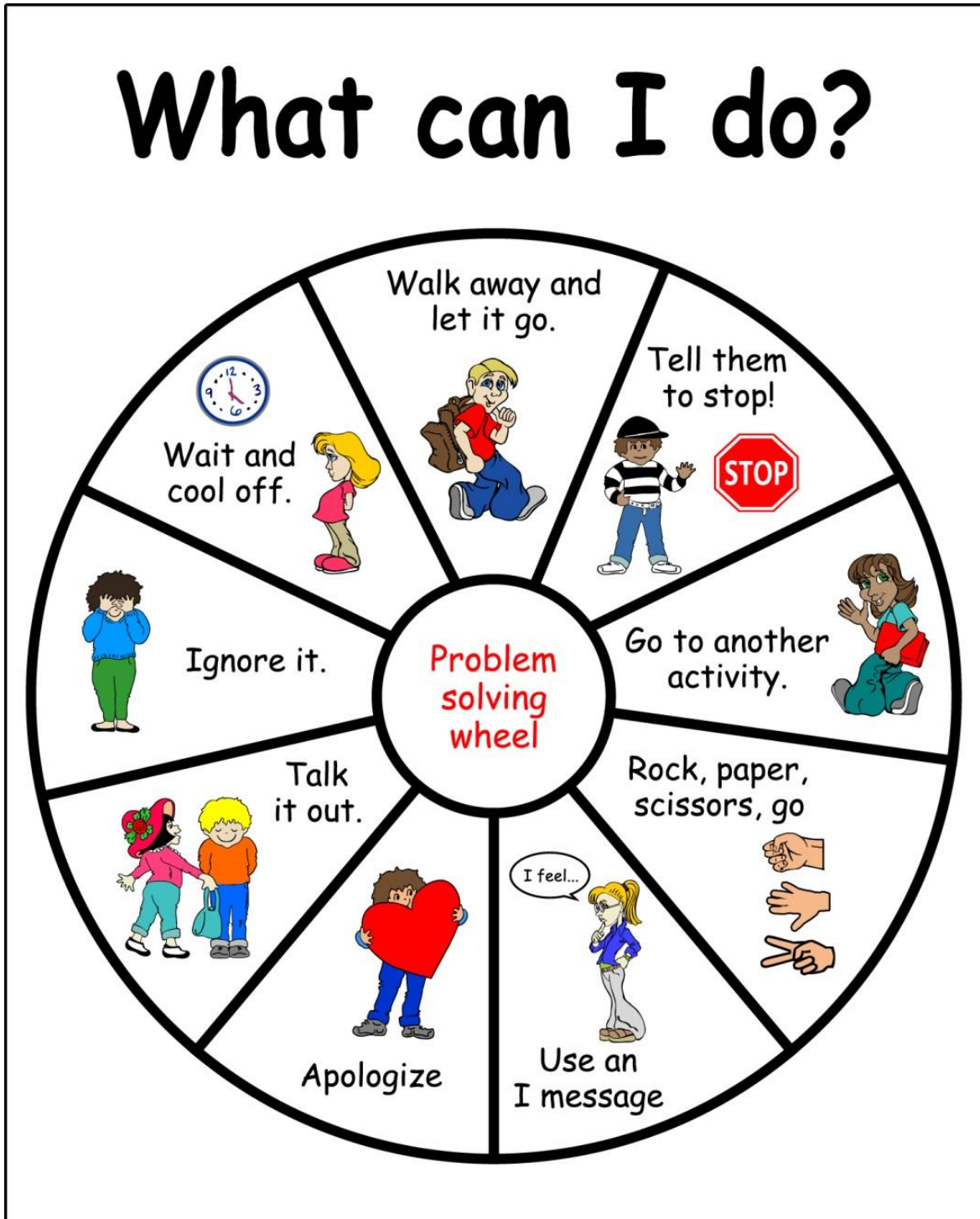


Visuals for Social Behavior and Problem-solving social situations

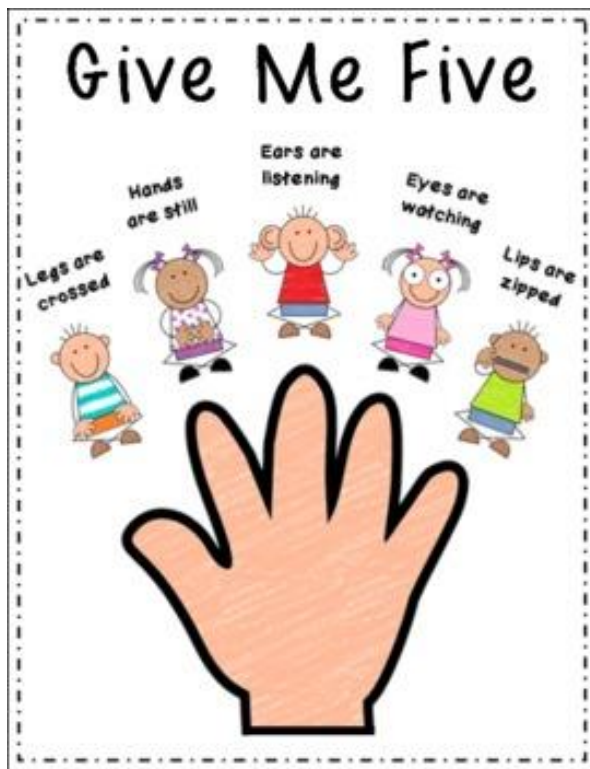
Link: Social Emotional Skills Solution Kit

[https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills\\_solution-kit.pdf](https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_solution-kit.pdf)

Link: Social Skills Apps for devices: <https://www.common sense.org/education/top-picks/social-skills-apps-for-kids-with-special-needs>



Examples of Visuals to show your child before beginning an activity or a lesson



## First Then Strategy to help your child understand the sequences of requested behaviors

Use the First/Then method to help your child follow the sequence of behaviors. First – Then works like a short two-part schedule. Use it and teach it as a schedule, not as a command or order. It will be more easily accepted by your child if you use it as “Let’s see what’s on the schedule” than only as a “rule”.

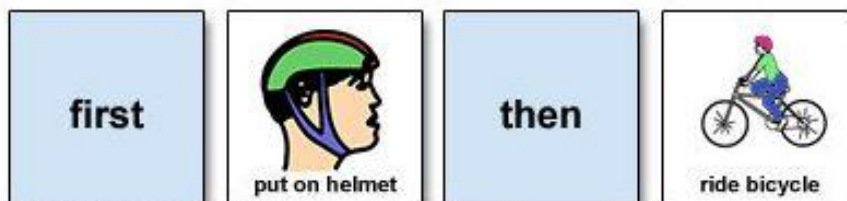
### "First.../ Then..." Responses

These strips are helpful in teaching the important concept of "first" and "then". Initially, you can make a cardboard form by writing the word "first", placing a picture card, writing the word "then", and placing a second picture card. Once the vocabulary and concept have been learned, you can simply present the two picture cards and explain: "First we need to pick your sister up at school, then we can stop at McDonald's."



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*"First you need to rest, then you can play outside"*



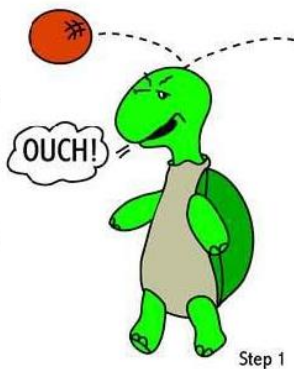
Copyright © 2012 Do2Learn

*"First you need to put on your helmet, then you can ride your bicycle"*

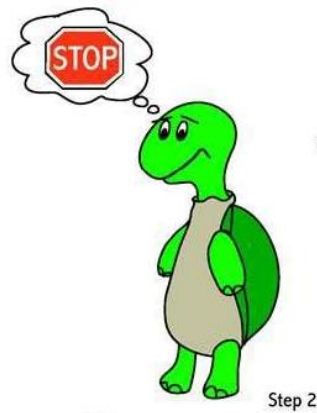
When your child is beginning to become angry or upset remind them of the Turtle technique for calming down. Teach this technique and read the Tucker the Turtle story during time when your child is calm so that they will know how to use it when needed.

## Turtle Technique

**Recognize  
that you  
feel angry.**



**“Think”  
Stop.**



**Go into shell.  
Take 3  
deep  
breathes.  
And think  
calm,  
coping  
thoughts.**



**Come out of  
shell  
when  
calm and  
thinking  
of a  
solution.**



# calming Activities



Calming Music



Lights Off



Rocking



Steamroller with Ball



Tent/Quiet Space



Weighted  
Blanket



Stretch on Ball



Rhythmic  
Swinging



Yoga



Cuddle Swing



Gentle Bouncing



Bean Bag  
Chair