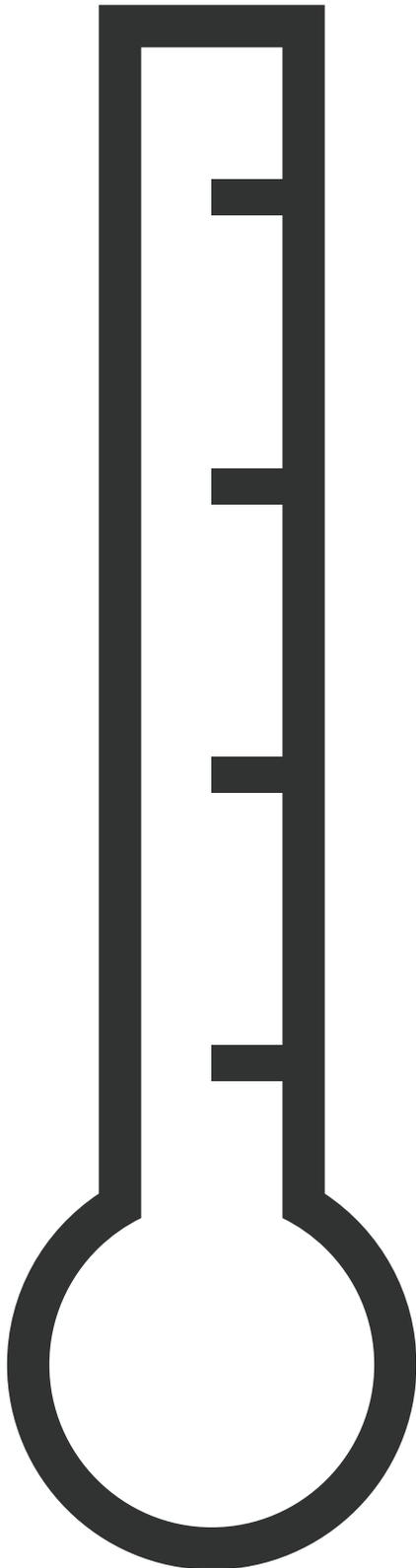


# What is your emotional temperature?



## ANGRY

"I feel like I have been wronged and have reached my breaking point"



## BOTHERED

"I am losing patience because of things going on around me"



## STRESSED

"I feel like my life is unraveling beneath my own two feet"



## WORRIED

"I am anxious for the future and life events that are out of my control"



## SAD

"I have feelings of sorrow and unhappiness"



## CALM

"I feel comfortable and relaxed in my environment"



## HAPPY

"I feel good about myself and the world around me"

# Communication Skills Builder Checklist

Which skills would support your child best? Place a check mark next to the sentence that is true for your child.

I have a hard time understanding how people are thinking or feeling.

I have a hard time controlling the volume of my voice.

I get easily distracted when I'm spoken to.

I have a hard time extending conversations beyond "hello, how are you?"

I don't understand other people's facial expressions and body language.

I invade peoples personal space sometimes.

I get nervous & anxious when I'm around others.

I give into peer pressure easily.

I don't work well with others.

I don't tell other people how I feel when I'm upset with them.

## TOP 25 STRATEGIES TO IMPROVE ATTENTION

1. Incorporate movement and brain breaks into the school day
2. Complete activities seated, standing, prone, & side lying
3. Make a game out of basic materials
4. Move away from pen and paper activities by using hands-on activities
5. Provide sensory toys during instruction
6. Include action movements when teaching new concepts
7. Use an essential oil diffuser
8. Use heavy work to transition from one class to another
9. Use fun and bright colors in the presentation of materials
10. Highlight or put borders around key info
11. Use different areas of the home or classroom
12. Encourage outdoor activities
13. Allow gum chewing or crunchy foods
14. Give the student a role in the classroom
15. Incorporate song and dance when teaching new concepts
16. Minimize auditory distractions
17. Provide a variety of seating options
18. Use a trifold poster board to block visual distractions
19. Provide noise cancelling headphones
20. Set-up a work space away from windows or high traffic areas
21. Use a visual schedule
22. Use a visual timer during activity completion and breaks
23. Use a checklist during activities
24. Use designated colored folders/binders for specific classes
25. Make sure the work area is clutter-free