

Turning a Not-So-Great Day into a Wonderful One



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Tools:

1. Understanding of the Importance of Mindset
2. Understanding of how Self-Regulation Develops
3. NEVER forget their PRECIOUSNESS!
4. Advanced Preparation
 1. Pray
 2. Loan Yourself some PFC!
 3. Have some extra PFC on hand to loan a co-worker or parent.
 4. Props
 5. Lists/Choosers
 6. Visual Schedules
 7. Rituals

Tips:

- Keep it light, playful and keep CONNECTED
- Playful engagement for the win!
- Silly voices, accents, rhyming and sing song
- Take it outside and go natural (sunshine, grass, trees, window, water, rocks)
- Try the “pen trick”, “Super Teacher” and “Airplane” on your break
- Catch it Low and Go in slow and quiet



Props:

- Phone
- Microphone
- Big/Silly Glasses
- Pinwheel
- 2 Puppets (Right, Wrong Silly, Right)

Tricks:

- Toy Time Out
- Hey, Class/Hey, Friend
- The Hunt
- Rewind
- SloMo
- SloMo Race
- Jello Room
- Jello Bones

More on Breathing

- Start with Exhale!
- ANS effect
- Darth Vader
- Wad it Up, Blow it away

“Magic Questions”

(To self)

- “What do I need?”
- “What do they need?”

(To child -NO animosity or sarcasm)

- “What do you need?”
- “Are you big enough or do you need my help?”

Chooser (up and at ‘em)

- Magic Room
- Anchor
- Super Hero
- Tree
- Bear
- Heel Marching

Chooser (stayin’ put and calmin’ down)

- Pinwheel
- Ice Cream Bath
- Tummy Time
- Butterfly Hugs
- Magic Mustache
- Chair Push Up/Pull Up

