



CASTRO VALLEY
UNIFIED SCHOOL DISTRICT

Sharing the behavior love with all of you one activity at a time

Activity#1:Building a Routine



August 10th, 2020

It's a new school year and a new way of teaching and learning for everyone. We understand that you may be experiencing anxiety, worry, and stress due to the uncertainty surrounding the COVID-19 Pandemic that's why we created an activity around **building a routine**, a critical skill for healthy learning. Establishing a routine helps one plan, organize, and structure a schedule that best fits the needs of the individual. This allows learners a sense of security and safety knowing that there is consistency, familiarity, and predictability.

THIS WEEK'S ACTIVITY

Here is a step-by-step guide on how to establish routine. Please remember that every learner is different so what you use as part of your routine may look

different than another learner depending on individual needs. Examples provided are not a “one size fits all.”

Step 1. Identify a daily schedule. This can be written on a piece of paper, on a poster board, or typed on a computer screen. Include activities that you want your learner to move through and that also fits your family’s day. Examples can be found here under [Visual Supports](#) .

Step 2. Set up a quiet space with limited distractions where your learner will go when it’s time to complete work or join an online meeting. You should also include any learning materials in this space. Refer to the [Home Instruction Checklist](#) to get some ideas!

Step 3. Follow the schedule! It may be easier to get things in place than to follow through. Following through is the most important part of this process so make sure that your learner completes each activity, have their learning materials, and if there’s a change in schedule, let them know as soon as possible!

Video on how to create a schedule and a learning environment:

[Creating a schedule](#)

[Creating a learning environment at home](#)

[Creating a distance learning space \(Prek/K\)](#)

Read more on our website!
[Behavior Support Website](#)

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Activity#2:Establishing a Reward System



August 17th, 2020

Having a reward system in place is important for motivation and learning. Building and finding a system that works for you and your child(ren) will help to catch them being good and engage in the behavior you want to see such as participating in a Zoom meeting, completing school work, following the teacher's instruction, and following their daily schedule.

THIS WEEK'S ACTIVITY

Here is a step-by-step guide to using a reinforcement system with your child.

Every individual will respond to reinforcement and rewards differently. Go easy on yourself until you figure out what is most effective for your child. Just because one type of reinforcement doesn't work, it doesn't mean that none of them will work. It is important to find what motivates your child and what works for them.

Step 1. Determine what type of reward system you are going to use: tickets, marble jar, token board, are just a few examples. You can find a system here [Reward Systems](#)

Step 2. Determine what behavior needs to be reinforced - some examples are logging on a Zoom meet at the right time, following directions, participating in class, following rules and expectations around Zoom meetings.

Step 3. Determine what your child is working for. What will they redeem their tickets, marbles, or tokens for. Examples of what they can work for: 5 minutes of free time, extra time with an item they love (a squishy, a toy car, a book), a special sweet treat. You can find incentive ideas here [Incentive ideas](#)

Step 4. Provide access to your child's chosen reward for earning all of their points, marbles, stars, etc.

Videos on how to establish and implement a reward system:
[Behavior Chart at Home](#)

[How to Use a Reward Chart at Home](#)

[Reward Systems for Kids](#)

Read more on our website!
[Behavior Support Website](#)

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Activity#3: Effective Communication



August 24th, 2020

Having a communication system in place with your child is key to understanding their needs and wants in order to reduce challenging behaviors (e.g shouting, screaming, whining, etc.). Whether your child uses words, gestures, pictures, or a technology device, you can simply teach language skills to mitigate challenging behavior. The fewer the communication skills a child has, the more likely they are to engage in challenging behaviors, the more you should teach them appropriate ways to access preferred information/things/people or to appropriately escape a situation they don't find interesting. Afterall, behavior is communication.

THIS WEEK'S

Read more on our website!
[Behavior Support Website](#)



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Activity#4: Labeling Emotions



August 31st, 2020

Helping kids put their feelings into words (affect labeling) can help them better navigate strong, negative emotional experiences. Labeling emotions is also beneficial for the brain and mental health. When a negative emotion gets in the way of learning or building positive relationships with others, the first step is to identify the emotion, and then use appropriate strategies to manage negative emotions so that it does not manifest into something dangerous or unsafe.

THIS WEEK'S ACTIVITY

Here is a step-by-step guide to teaching your child how to label emotions and manage them.

Step 1. Identify the emotion based on the actions that are paired with the emotion. For example if your child is crying and yelling “this work is hard!” You as a parent can model “I am feeling frustrated with the work. I can take deep breaths to calm down.”

Step 2. Identify calming strategies that support your child’s emotions and behavior.

Step 3. Practice with your child on how to label emotions and use calming strategies. Model, model, model! Calming tools can be found here: [Calming strategies](#)

Videos on how to label emotions and use calming strategies:
[Emotional regulation for kids](#)

[Naming emotions](#)

Read more on our website!
[Behavior Support Website](#)

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