

Early Childhood Universal Supports Checklist

When you are having challenging behaviors with an individual child or at a classroom level, use this checklist to ask if these universal/foundational supports are in place.

✓	Universal/Foundational Supports
	Create meaningful, interesting activities
	Give assistance with an activity or expectation
	Schedule snacks / food according to the needs of the children
	Alternate movement activities with seated activities
	Set up an environmental structure that makes expectations and routines clear
	Provide transition cues
	Increase positive attention for all children
	Increase attention for specific, appropriate behaviors
	Decrease attention for inappropriate behaviors
	Use behavioral momentum by starting with 2-3 easy requests to get positive responding, then make the more difficult or less preferred request
	Modify the Task ● Make the task more enjoyable ● Make it easier ● Make it shorter ● Embed preferred activities ● Allow breaks ● Build in “I do, we do, you do” ● Provide help (not too little and not too much)
	Offer a Choice ● Pick a snack ● Pick their own seat location ● Choose a group or friend ● Pick a game ● Choose a book ● Pick a song ● Choose a color, shape, letter, number ● Choose from a reinforcer list