

COMMUNICATION BOARDS

➤ PERSONAL TOOL

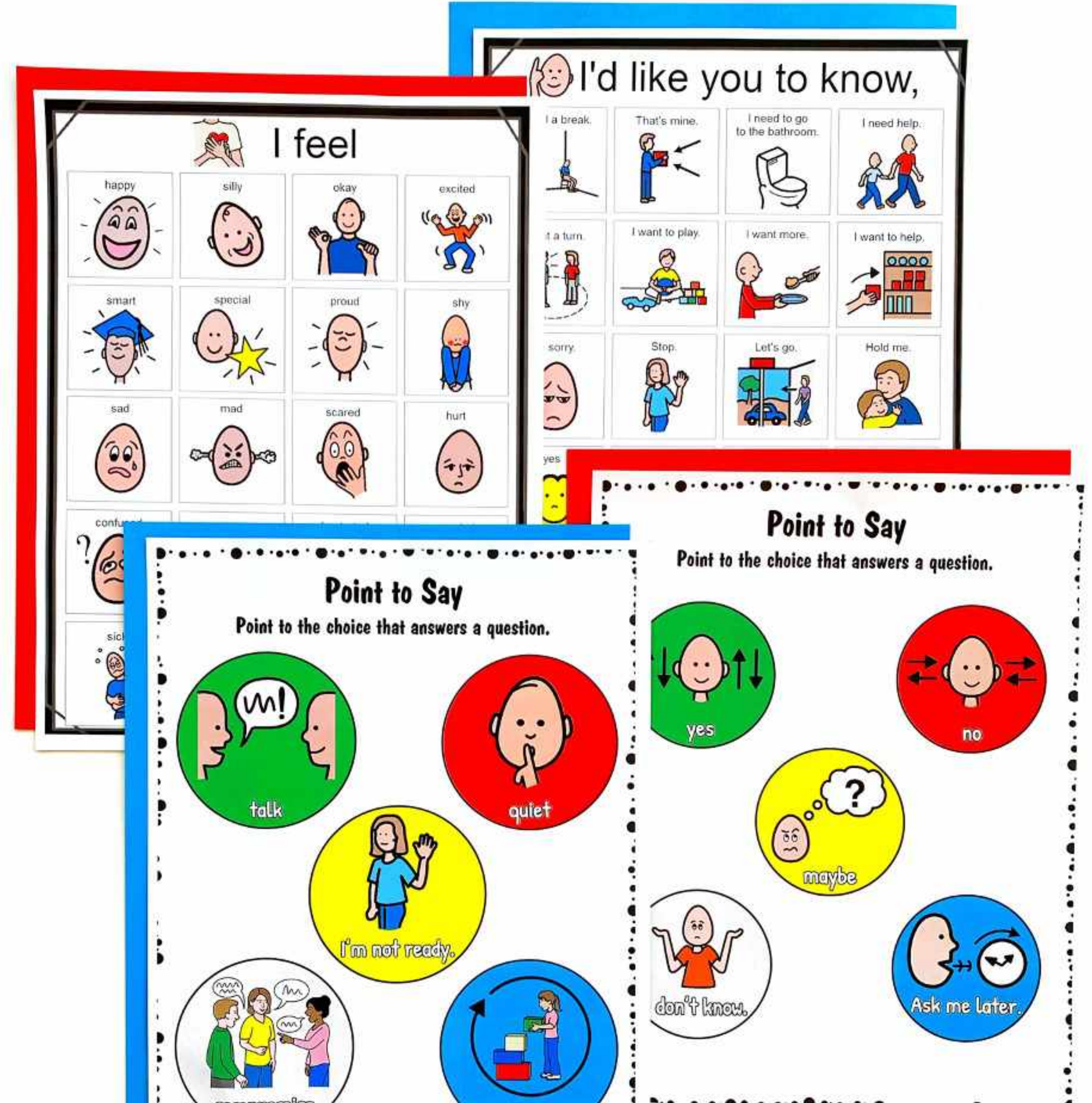
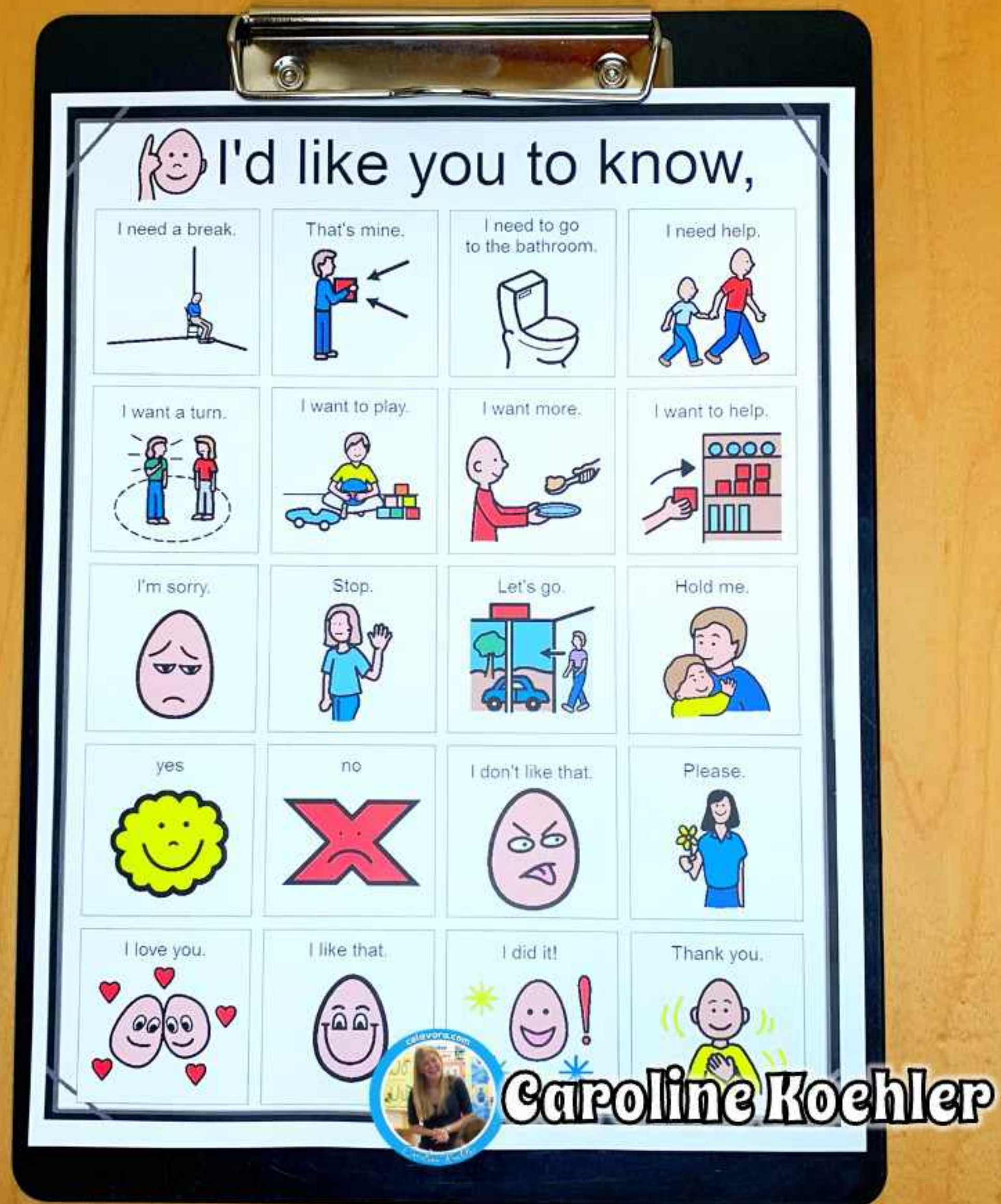
➤ IDENTIFY FEELINGS

➤ OFFER SUPPORT

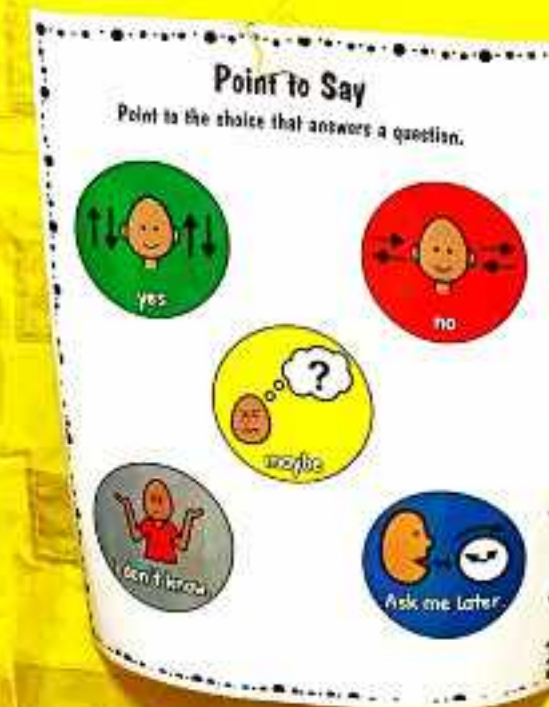
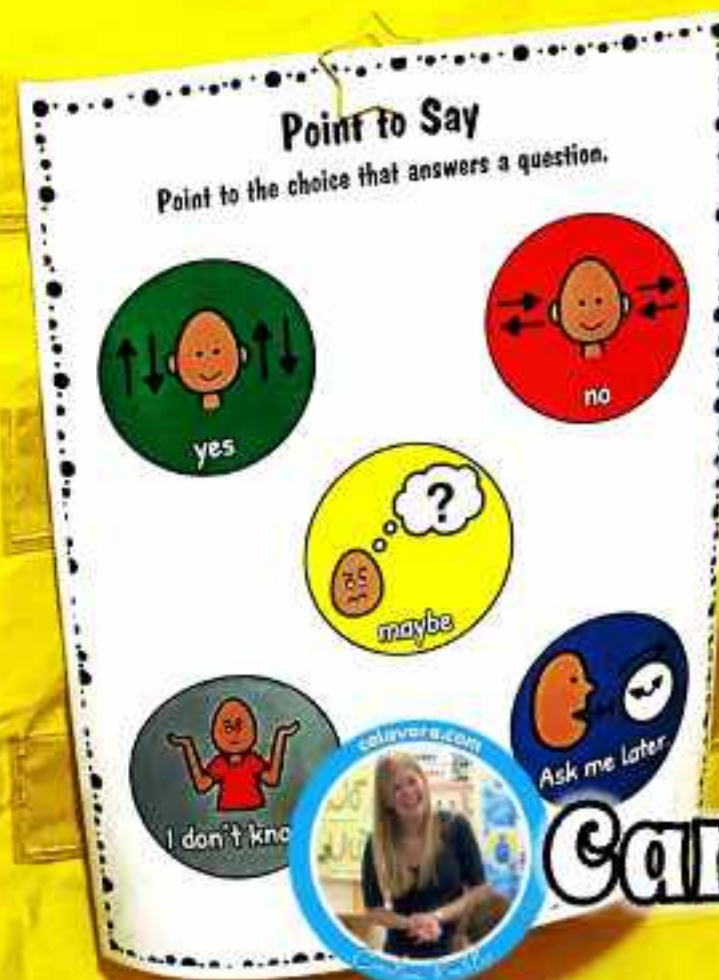
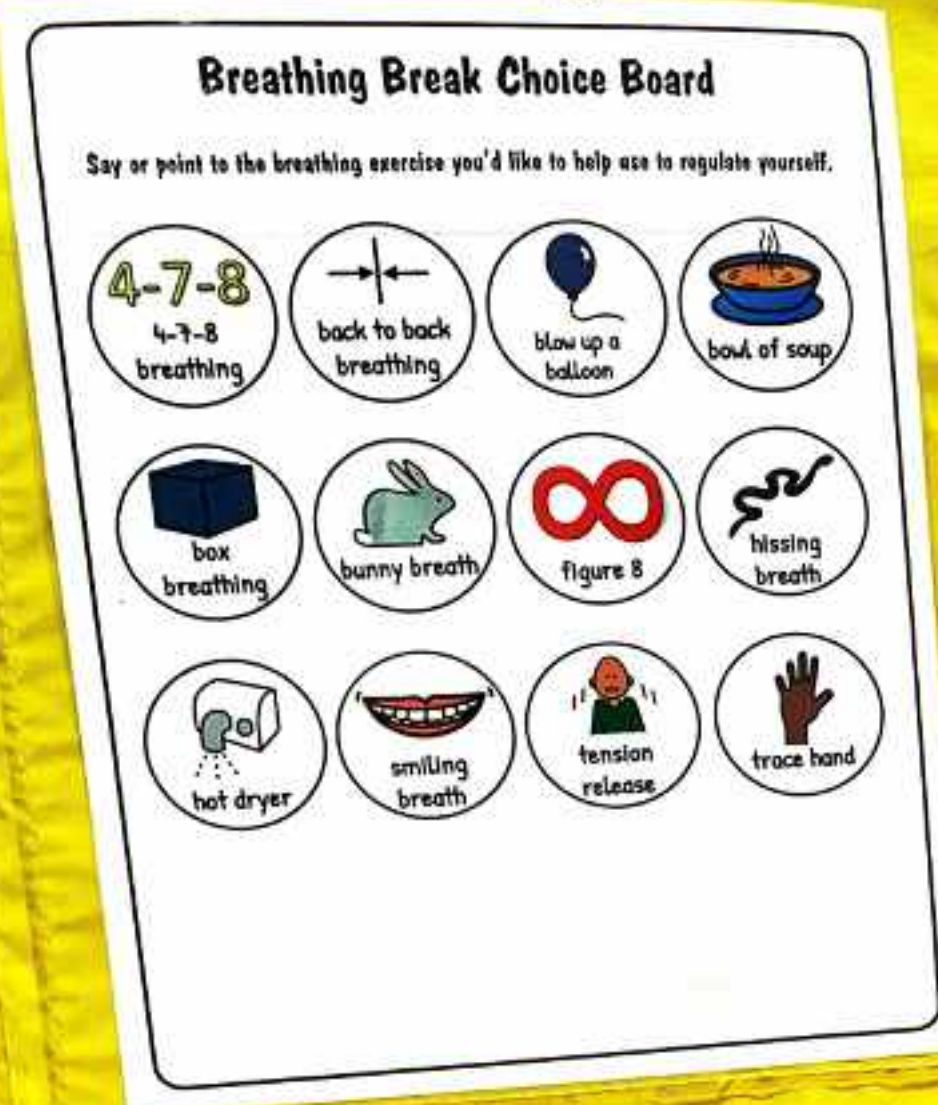
➤ REGULATE EMOTIONS



SELF-REGULATION TOOLS



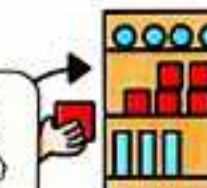
EMOTIONAL SUPPORTS



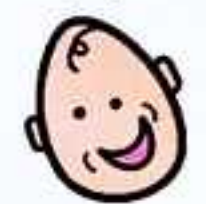
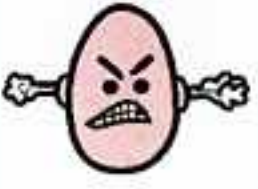
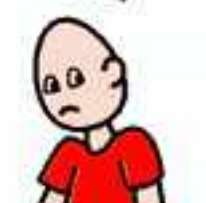
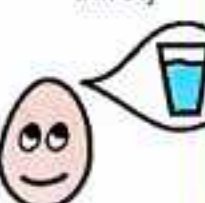
Caroline Koehler

CHOICE BOARD VISUALS

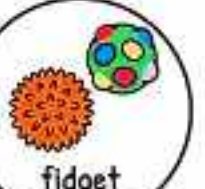
 I'd like you to know,

I need a break. 	That's mine. 	I need to go to the bathroom. 	I need help. 
I want a turn. 	I want to play. 	I want more. 	I want to help. 
I'm sorry. 	Stop. 	Let's go. 	Hold me. 
yes 	no 	can't like 	Please. 
I love you. 	I like that. 	I did it! 	Thank you. 

 I feel

happy 	silly 	okay 
smart 	special 	proud 
sad 	mad 	scared 
confused 	sorry 	frustrated 
sick 	hungry 	thirsty 

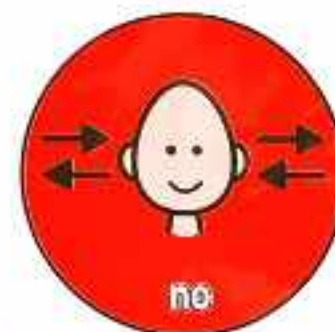
Behavior Break Choice Board
Say or point to the choice you'd like to help you regulate yourself.

attention 	bathroom 	break 	breathing 
comfort 	draw 	drink 	fidget 
a friend 	a laugh 	left alone 	movement 
			

Breathing Break Choice Board
Say or point to the breathing exercise you'd like to help use to regulate yourself.

4-7-8 breathing 	back to back breathing 	blow up a balloon 	bowl of soup 
box breathing 	bunny breath 	figure 8 	hissing breath 
hot driver 	smiling 	tension release 	trace hand 

Point to Say
Point to the choice that answers a question.

yes 	no 
maybe 	
	Ask me later. 

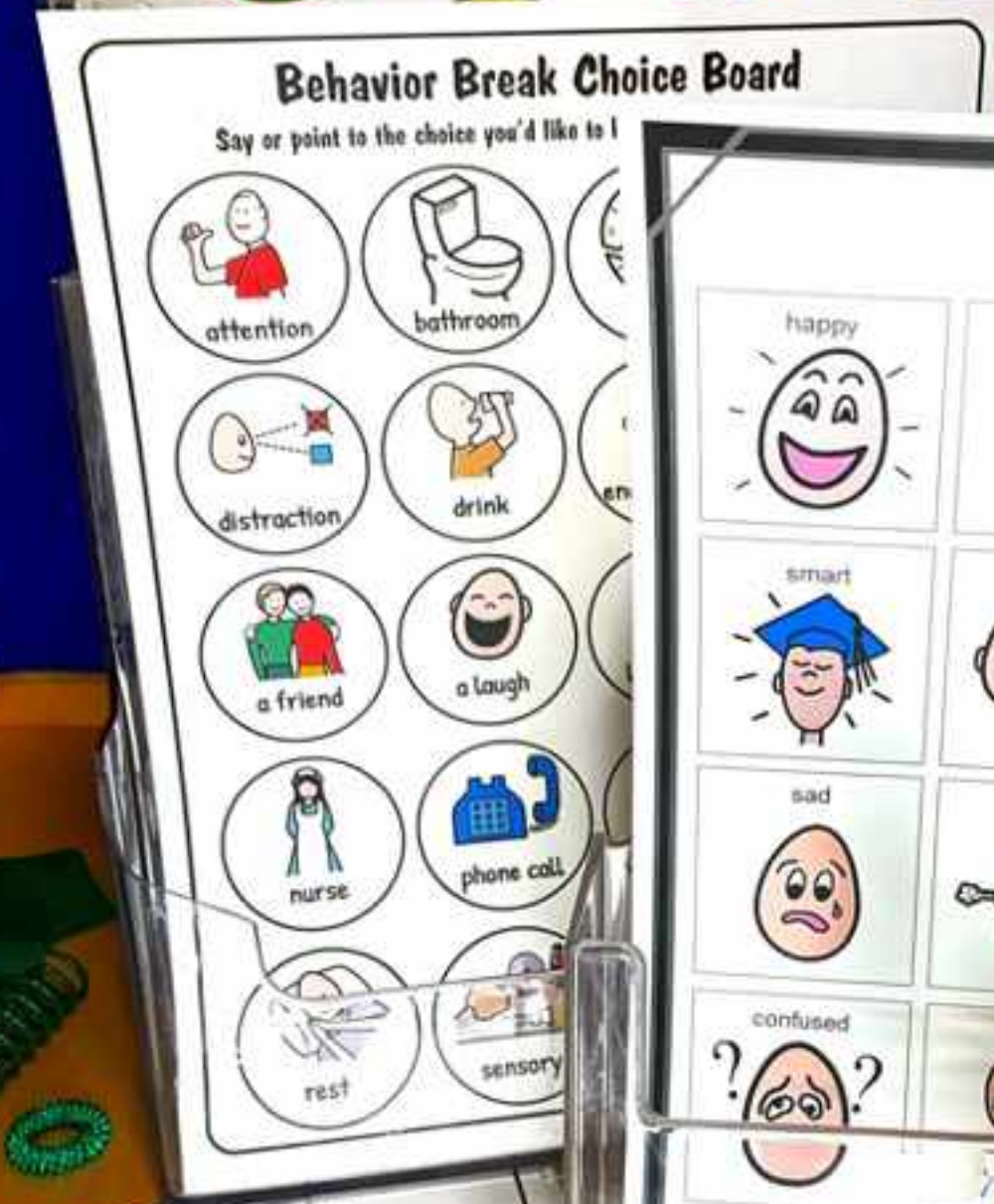
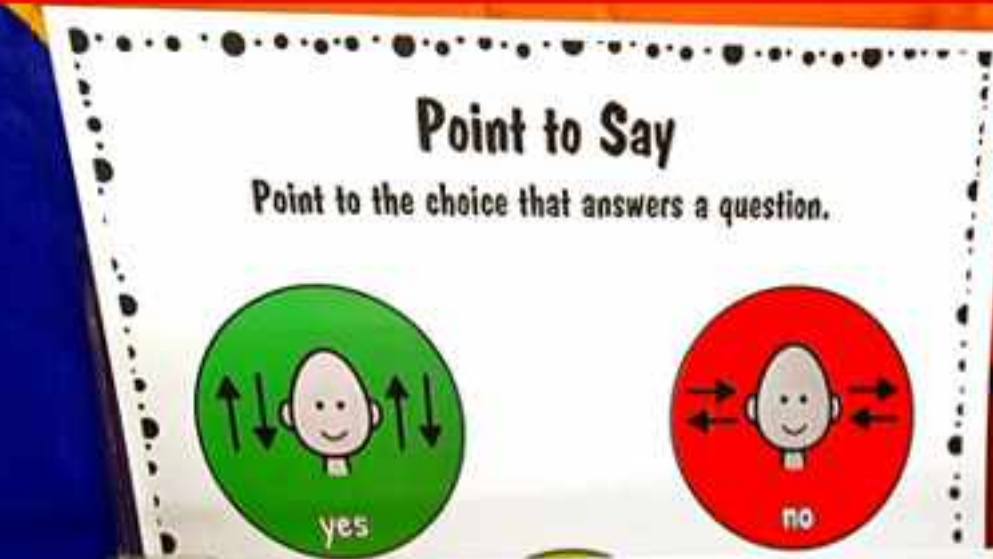
Point to Say
Point to the choice that answers a question.

talk 	quiet 
	
I'm not ready. 	redo 



Caroline Koehler

BEHAVIOR MANAGEMENT



Caroline Koehler

