

AUTISM CLASS RESOURCE

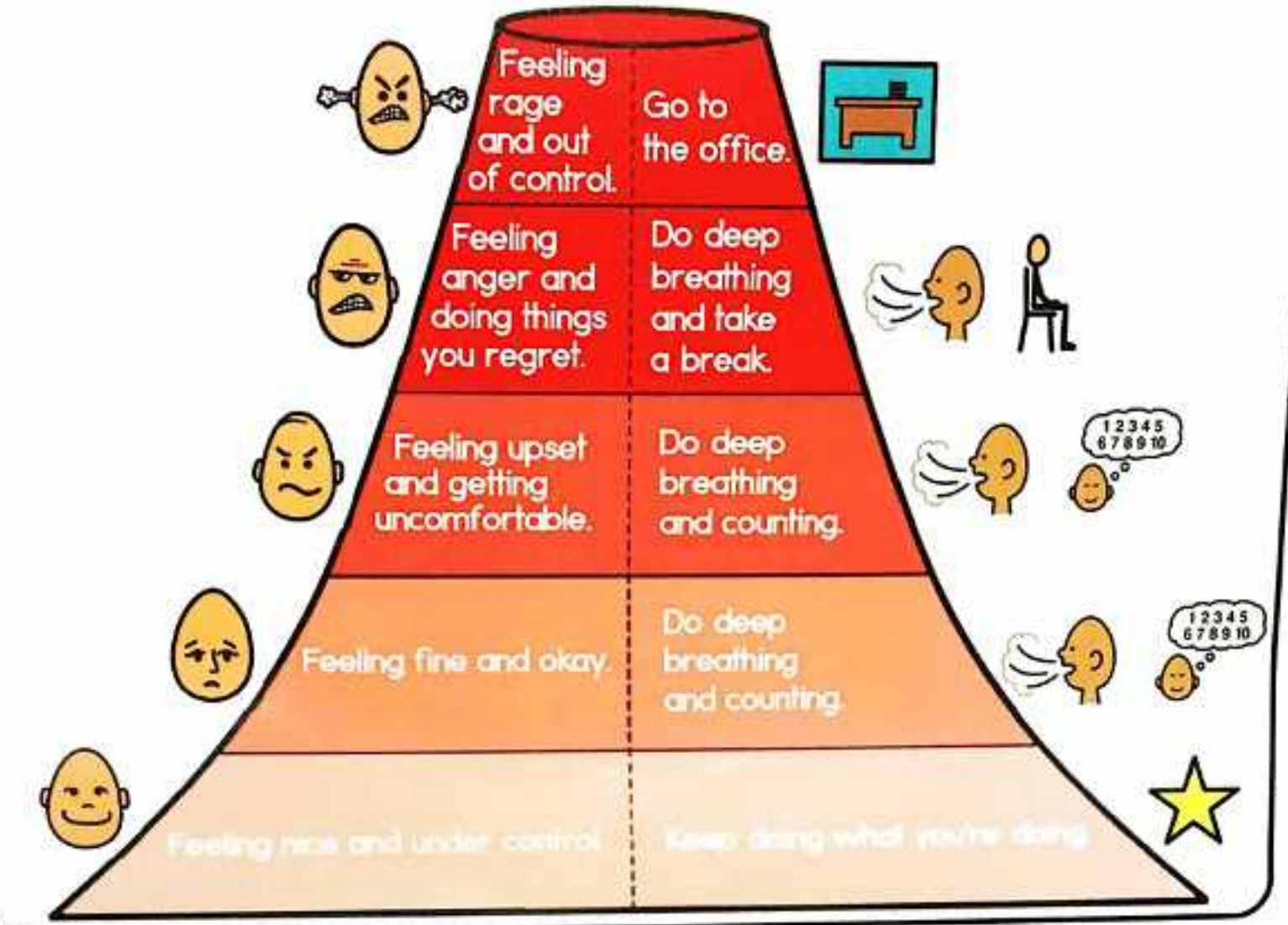
➤ BEHAVIOR SUPPORT

➤ CLASS MANAGEMENT

➤ VISUAL STRATEGIES

➤ REGULATION TOOLS

When I'm angry, I make choices I regret.

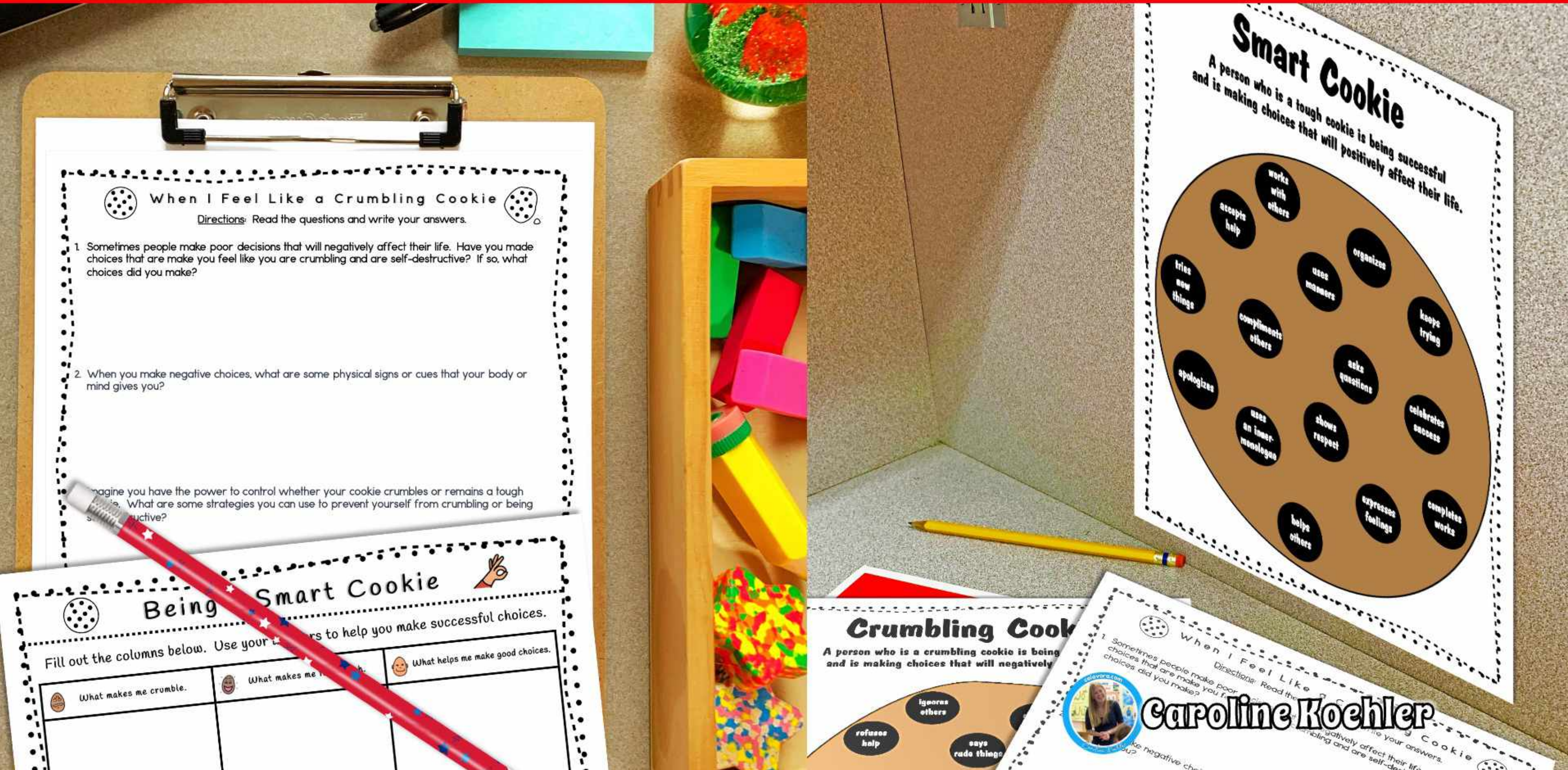


Talk.



Caroline Koehler

SMART COOKIE WORKSHEETS



When I Feel Like a Crumbling Cookie

Directions: Read the questions and write your answers.

1. Sometimes people make poor decisions that will negatively affect their life. Have you made choices that are make you feel like you are crumbling and are self-destructive? If so, what choices did you make?
2. When you make negative choices, what are some physical signs or cues that your body or mind gives you?

Imagine you have the power to control whether your cookie crumbles or remains a tough cookie. What are some strategies you can use to prevent yourself from crumbling or being self-destructive?

Being a Smart Cookie

Fill out the columns below. Use your answers to help you make successful choices.

What makes me crumble.	What makes me...	What helps me make good choices.

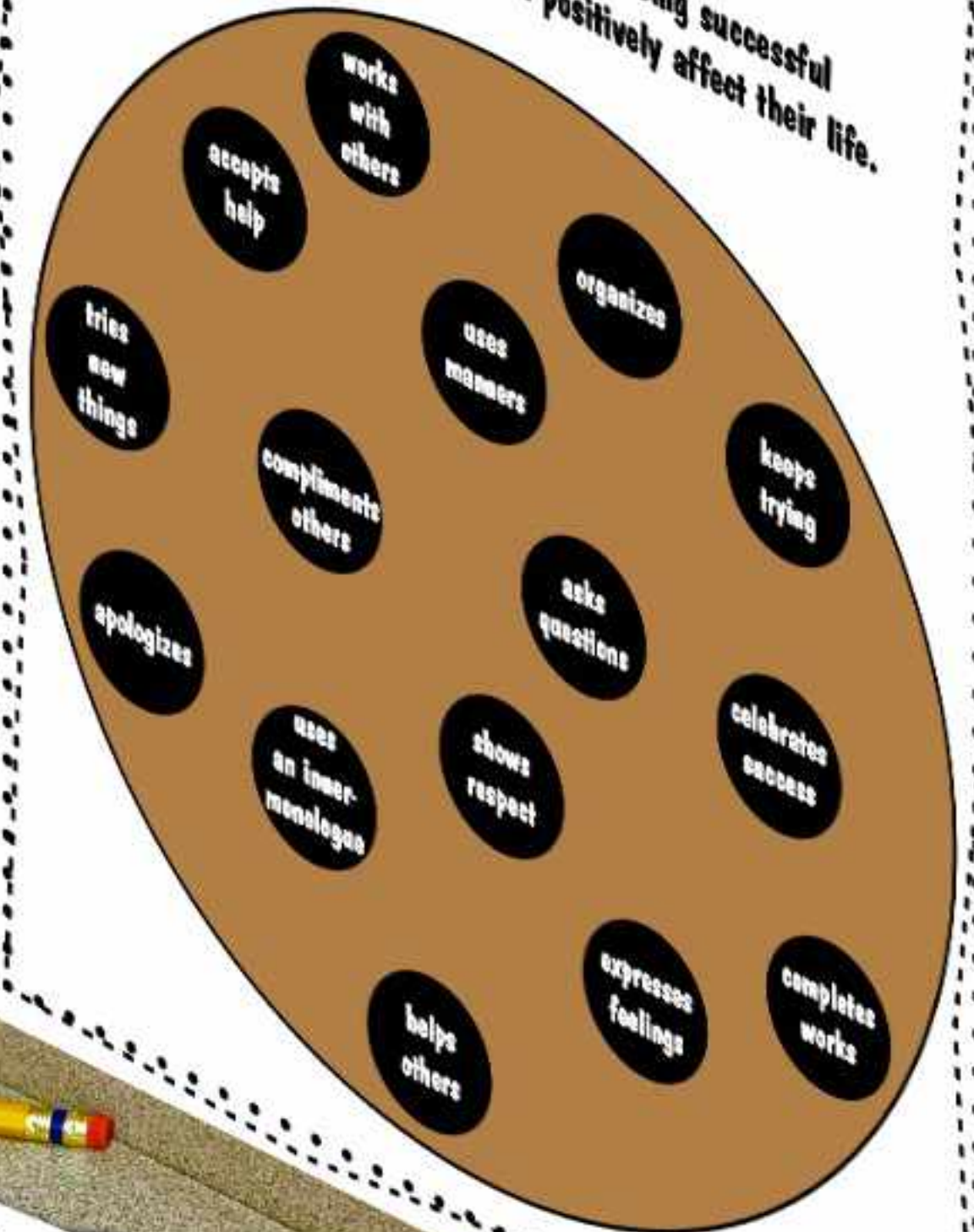
Crumbling Cookie

A person who is a crumbling cookie is being... and is making choices that will negatively...

- ignores others
- says rude things
- refuses help

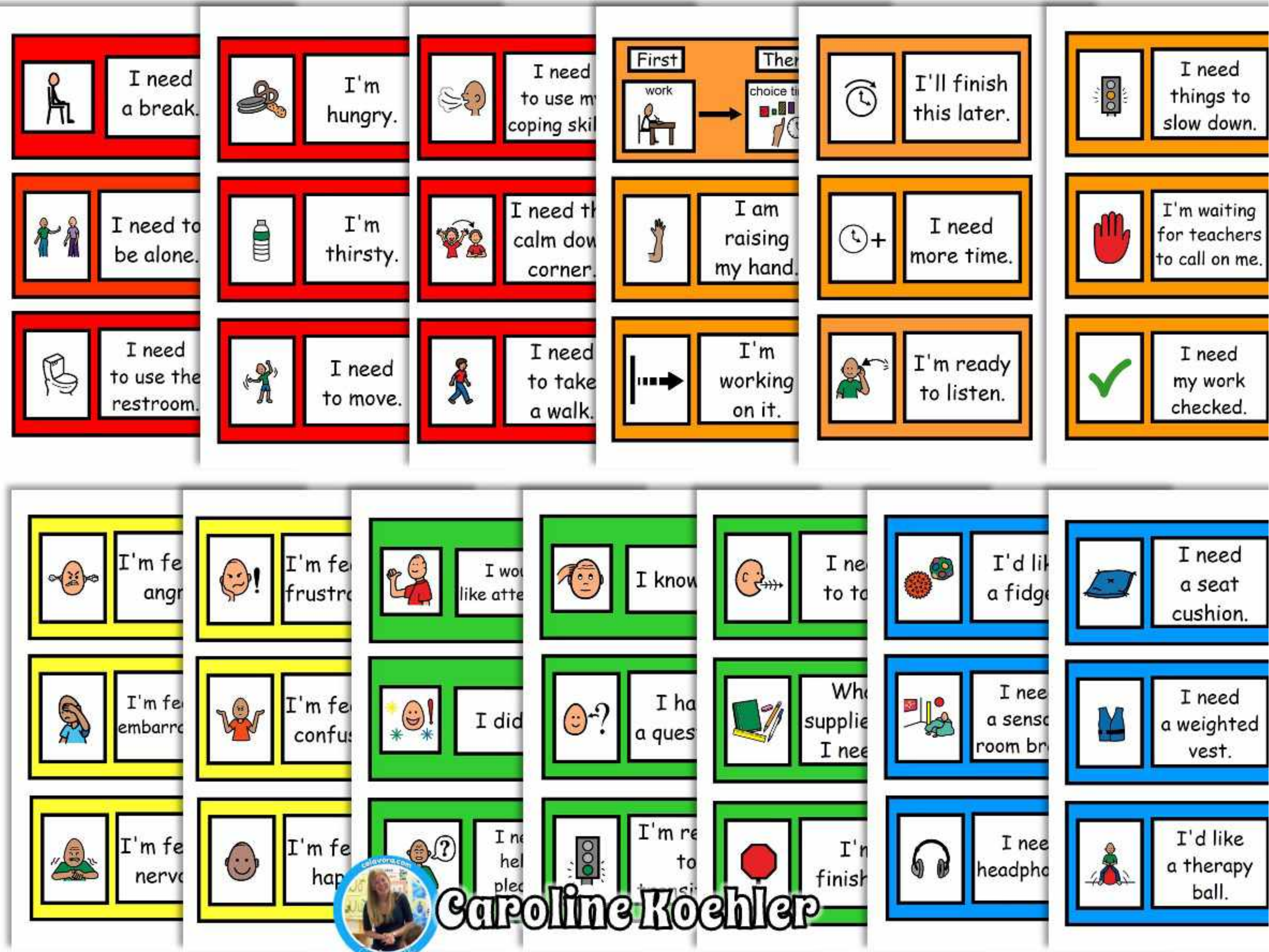
Smart Cookie

A person who is a tough cookie is being successful and is making choices that will positively affect their life.



Caroline Koehler

33 STUDENT FOCUSED CUE CARDS



Caroline Koehler

SELF-SABOTAGE VS SELF-ADVOCATE

The image is a collage of educational materials focused on self-sabotage and self-advocacy. At the top, a tray of colorful pencils is visible. The collage includes several worksheets and cards. One worksheet, titled 'Comparing Self-Sabotage and Self-Advocacy', has a table with two columns: 'Things I do that are self-sabotaging' and 'Things I do that are self-advocating'. Another worksheet, 'When I Feel Like Self-Sabotage', provides directions to read questions and write answers, with an example of self-sabotage. A central worksheet, 'Self-Advocate', defines self-advocacy as 'When you are the friend who helps you succeed' and lists six behaviors in green circles: Accepting, Admitting Mistakes, Asking for Help, Celebrating, Exploring, and Getting Started. To the right, a worksheet titled 'Self-Sabotage' defines it as 'When you are the enemy who keeps you from succeeding' and lists six behaviors in red octagons: Avoiding, Blaming, Ignoring, Lying, Manipulating, and Sabotaging. At the bottom, a worksheet asks 'How are you handling your situation?' and presents two paths: 'I'm a VICTOR' (a path to success) and 'I'm VINDICTIVE' (a path to problems). The 'VICTOR' path includes focusing on safety and accepting guidance. The 'VINDICTIVE' path includes wanting to be a victim and trying to get someone in trouble. A large red 'STOP' sign is in the bottom left, and a green 'START' sign is in the top left. A small circular inset in the bottom right shows a woman speaking, with the text 'Carpenter' next to it.

The image is a vibrant collage of various school and office supplies. At the top, a white computer keyboard is partially visible. Below it, a blue pen lies horizontally. To the left, several colorful paper clips (yellow, green, blue, red) are scattered. In the bottom left corner, there are stacks of colorful sticky notes in shades of green, yellow, and pink. On the right side, there are several markers in bright colors like blue, green, and red. A clipboard with a black clip is positioned in the center, holding two worksheets. The top worksheet is titled 'Comparing Self-Sabotage and Self-Advocating' and contains a table with two columns for self-sabotaging and self-advocating behaviors. The bottom worksheet is titled 'When I Feel Like Self-Sabotaging' and lists three questions related to self-sabotage and self-advocacy. The background is a dark blue surface with various small, colorful objects and patterns.

Comparing Self-Sabotage and Self-Advocating

Fill out the columns below. Use your answers to help you make successful choices.

Things I do that are self-sabotaging.	Things I do that are self-advocating.

When I Feel Like Self-Sabotaging

Directions: Read the questions and write your answers.

- Sometimes people self-sabotage because they feel it allows them to control a situation and predict what might happen more easily. Have you done this in your life? If so, give an example of what happened.
- The opposite of self-sabotage is advocating for what you want or need. What are strategies you could use to tell others what you want or need when you are struggling?
- Learning to let go of self-sabotage and use self-advocacy takes practice. How can your practice the skill of advocating for yourself?

Coline Koehler

VOLCANO VISUALS FOR SEL



WAIT, STOP, GO VISUALS

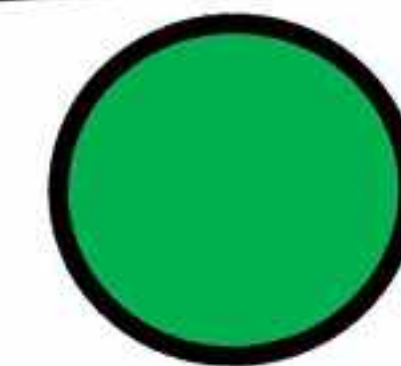


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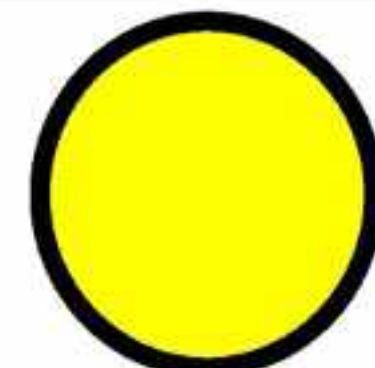
Teachers only



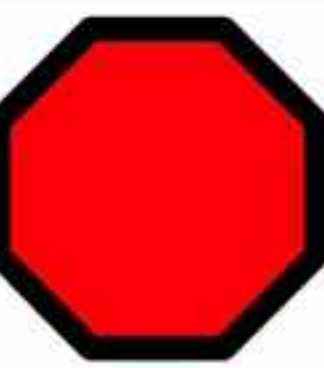
This area is closed.



Keep going.
You're making
good choices.



Wait.
Silently pause
for a moment.



Stop.
Make a
better choice

