

Child's Name: _____
Date: _____

BEHAVIOR PLAN RECORD SHEET

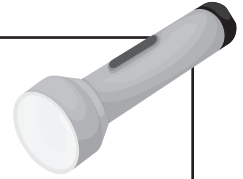
Emotion Coaching

Instructions: Record two times you played with several children, what emotion coaching you did, and the children's responses.

Child emotions I want to describe:	Parent-child activity and emotion script:	Child's response:
<p><i>Example: Happy smiles, being proud, and noticing another child's feelings</i></p> <p>1.</p> <p>2.</p>	<p><i>Example: "See, your friend is happy that you shared with him. You look happy and proud because you are smiling."</i></p> <p>1.</p> <p>2.</p>	<p><i>Example: Robbie told me one day he felt happy.</i></p> <p>1.</p> <p>2.</p>






Spotlight your child's feelings

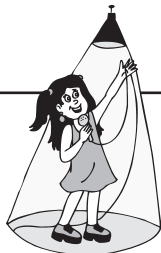


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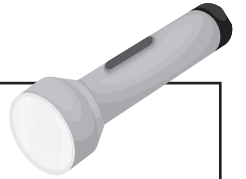
BEHAVIOR PLAN RECORD SHEET

Coaching Self-Regulation

 Child behaviors I want to see less of:	 Positive Opposite Emotion Behavior I want to see more of:	 Emotion Coaching Scripts:
<p><i>Examples: Joshua has angry outbursts, is easily frustrated, impatient, often sad.</i></p> <p>Target Child (nature of problem):</p>	<p><i>Example: Learning to take deep breaths, count, or use the thermometer or feeling picture to express feelings. Recognizing when he is calm, happy and patient.</i></p> <p>Developmentally Appropriate Emotion Goal for Child:</p>	<p><i>Example: "I see you are frustrated but you are staying calm." Or, "Your friend is happy you shared the truck." Or, "You took deep breaths to calm down, that is so strong. I am proud of you."</i></p> <p>Emotion Coaching Strategies (your examples):</p>



Spotlight your child's self-regulation skills



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Teaching Emotion Self-Regulation



Use the scenarios in handout or make up your own to teach your child calm down skills:



Record your teaching scenario and how your child responded:

1. Turtle puppet: "I am sometimes afraid, so I think of my happy place, which is watching my fish. What is your happy place?"

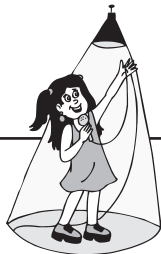
2.

3.

1.

2.

3.



Spotlight your child's successes