

Problem Solving Steps



Step 1. What is my problem?



Step 2. Think, think, think
of some solutions.



Step 3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?



Step 4. Give it a try!

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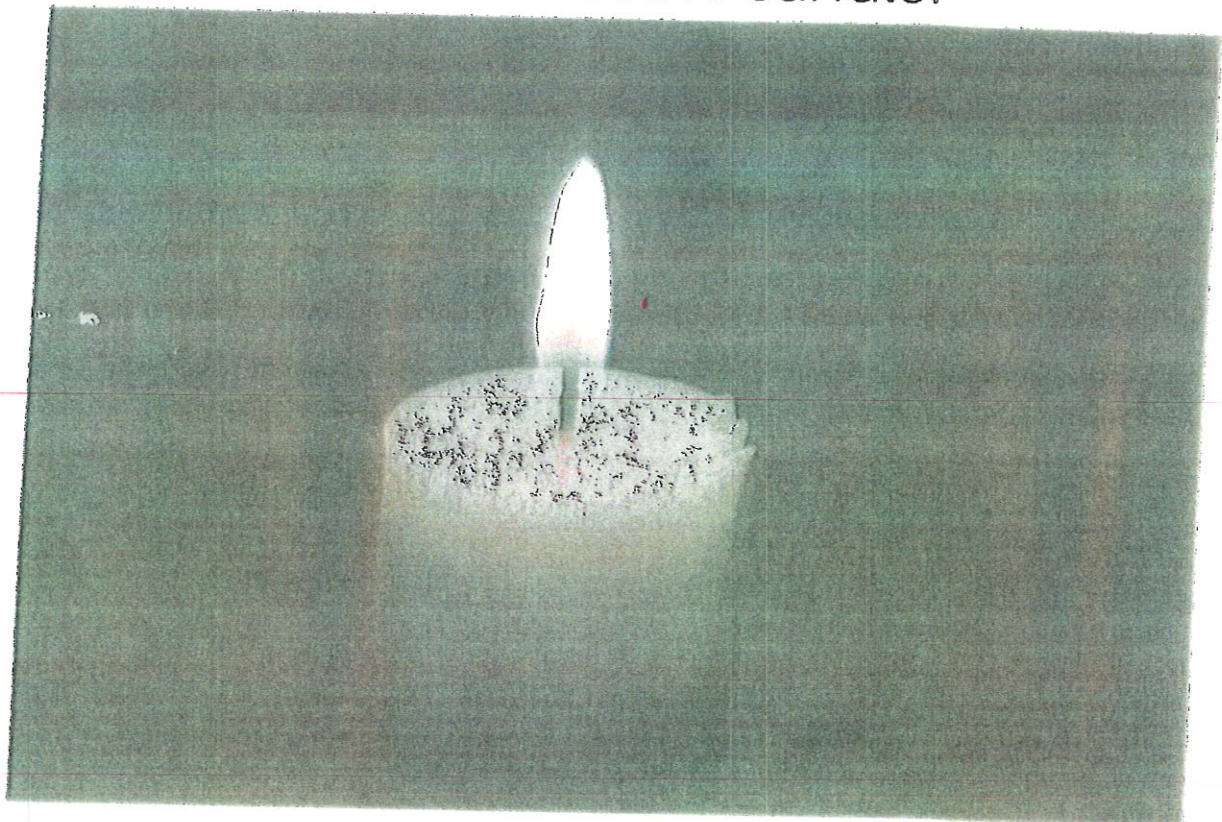
Step 4. Give it a try!

THIS IS HOW I BREATHE

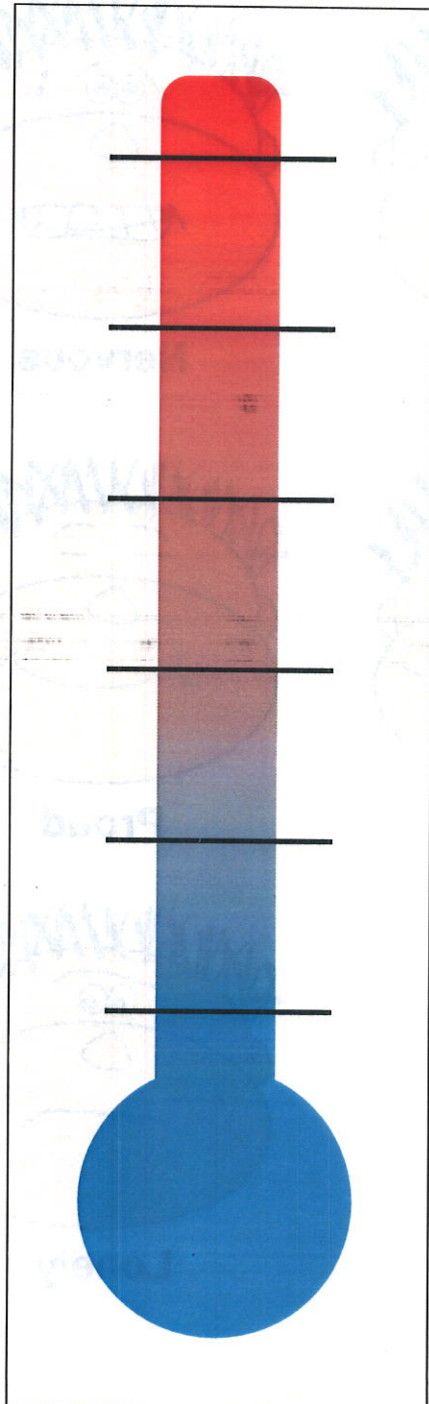
1. Smell the flower.



2. Blow out the candle.



Relaxation Thermometer



Mad

**Take 3
deep breaths
1...2...3**





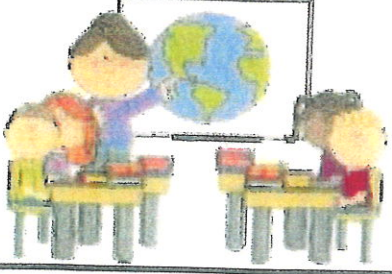


Relaxed

Steps in Resolving Conflicts

1. Approach calmly
2. Acknowledge feelings
3. Gather information
4. Restate the problem
5. Ask for ideas for solutions and choose one together.
6. Be prepared to give follow-up support



My Voice Volume Scale

| | | |
|---|------------------------------|---|
| 5 | Screaming/ Emergency Only |  |
| 4 | Outside Voice |  |
| 3 | Inside/ Classroom Voice |  |
| 2 | Whisper/ Soft Voice |  |
| 1 | No Talking Silent/Shh |  |



SEFI
Socio-Emotional
Formation Initiative



**MONTCLAIR STATE
UNIVERSITY**

Center for Autism and
Early Childhood Mental Health

**Social Emotional Formation Initiative (SEFI)
Early Childhood Mental Health Support Services and Consultation**

66 POSITIVE THINGS TO SAY TO YOUR CHILD

I'm grateful for you
You make me proud
Your words are meaningful
You have great ideas
I love being your...
You don't have to be perfect to be great
Your opinion matters
You are important
You are loved
I believe in you
I believe you
This class wouldn't be the same without you
You are valuable
You can say no.
You can say yes
I know you did your best
You were right
I accept who you are
We can try your way
You are helpful
You are worth it
You make me happy
I love your creativity
Being around you is fun
I can't wait to hear about it
Don't be afraid to be you
You're making a difference
I'm excited to spend time with you
You are interesting
I love seeing the world your way
It's good to be curious
I love the way you tell stories
What you did was awesome
I admire you

That's a great question
Your friends are lucky to have you
I trust you
That was a really good choice
Seeing you happy makes me happy
Being your....is my favorite job
I learn new things from you every day
You make me better
You are great
Thank you for being you
I'm so glad you're here
You look great
I understand you
Watching you is the best
That was really brave
I forgive you
I appreciate you
We all make mistakes
Yes, me too
You are very good at that
You can try again tomorrow
Nobody's perfect
I love how you said that
Not everyone will like you, and that's OK
You did that so well
I'm listening
That's a fair point
You are beautiful, inside and out
I like you
I could never stop liking you
You are enough
You make my heart full

Preschool Pencil Grasp Activities to Improve Grip & Strength

Activities for Strength & Hand Development

General hand development

1. Have children walk on their hands or pretend they are animals and crawl around on the floor.
2. Roll objects such as Playdoh, silly putty or clay between their hands.
3. Have children hold as much as they can of sand in their cupped hand.

Muscle strength development

4. Play with Playdoh, clay or silly putty.
5. Wring out a sponge
6. String beads on a necklace.

Wrist strength development

7. Have children use a rolling pin with their hands open to flatten out objects.
8. Draw on a chalkboard or whiteboard that is positioned above eye level.
9. Screw and unscrew lids of jars.

Improve hand pressure ability

10. Pick up mini marshmallows with tweezers.
11. Pick up a grain of rice one by one with index finger and thumb.
12. Use a nasal aspirator to blow Styrofoam balls back and forth.

Ability to hold and use fingers simultaneously

1. Roll small objects between index finger and thumb.
2. Hold and squeeze a squirt gun.
3. Have the children hold a few pennies and dimes in one hand and sort using only their index finger and thumb.

Games & Activities That Improve Fine Motor Skills

4. Play the classic board game "Operation" by Hasbro. The students hold tweezers to manipulate items without getting buzzed.
5. Have children create finger plays to go with a song or story.
6. Practice using chop sticks to pick things up.
7. Use lacing cards.
8. Play with puzzles that have pegs for the children to grasp.
9. Build with Legos.
10. Play with a Light Bright

11. Play with a magna-doodle.
12. Play with an etch-a-sketch
13. Write on a chalkboard.

Children usually develop and refine their pencil grasp during the ages of 3 to 6 years. Preschoolers should be encouraged to engage in activities that promote using their fine motor skills. Don't let them develop bad habits at a young age because it could affect their ability to write neatly as they move through elementary school.

FACILITATING APPROPRIATE GRASP PATTERNS

Use small pencils

- Golf pencils, short pencils or broken pieces of crayon

Use wide pencil width

- Fat pencils; use of foam on the pencil to increase width/girth, etc.

Write on vertical surface

- Use old binder or notebook to facilitate vertical angles

Focus on keeping pencil upright

- Wrap a rubber band, or other stretch material around the wrist and hook one end of the pencil with the opposite end of the rubber band to pull pencil into the web space

Avoiding Thumb Wrapping on Pencil

- Use sticker or sharpie on the pencil and have the child cover that while writing.

Treasure hold method (assist with facilitating a tripod grasp)

- To help a child with too many fingers manipulating the writing implement, have the child hold a puff ball, marker cap, paper clip, with his/her ring finger and pinky against the palm of the writing hand. This way only the thumb, pointer and middle finger are available to manipulate the writing implement.

Sock Method

- Cut holes in an old sock for the pointer finger and thumb. Leave the remainder of the sock intact. Have child place whole hand inside of the sock and only allow pointer finger and thumb to come out of the holes provided. The remaining fingers can take a "nap" for the activity.

PLANNING SHEET

NAME: _____

1



2



3



Helpful Resources

Themeasuredmom.com

<http://www.notimeforflashcards.com/2013/02/letter-recognition-activities-for-kids.html>

http://www.preschoolexpress.com/alphabet_station.shtml

<http://kidsactivitiesblog.com/57189/35-letters-and-sounds-learning-games>

<http://thisreadingmama.com/teaching-letter-sounds/>

<http://fun-a-day.com/10-activities-teach-beginning-sounds-letters/>

<http://csefel.vanderbilt.edu/>

<http://families.naeyc.org/learning-and-development/child-development/building-social-and-emotional-skills-home>

<http://supersimplelearning.com/resource-center/browse/type/flashcards/>

<http://www.kids-pages.com/flashcards.htm>

<http://esl-kids.com/flashcards/flashcards.html>

<http://www.english-4kids.com/flashcards.html>

<http://eslkidslab.com/flashcards/index.html>

<http://www.readinghorizons.com/blog/what-is-the-difference-between-rti-and-mtss>

<http://fun-a-day.com/teaching-children-about-letters/>

<https://www.weareteachers.com/50-tips-tricks-and-ideas-for-pre-kindergarten/>

<https://www.prekinders.com/alphabet-letter-identification-activities/>

<http://littlegiraffes.com/literacycenterexamples.html>

<http://www.utc.edu/school-education/pdfs/reel/alphabet-knowledge.pdf>

<https://blog.allaboutlearningpress.com/teaching-rhyming-to-preschoolers/>

<http://www.totschooling.net/2016/02/dr-seuss-rhyming-words-printable.html>

<https://www.havefunteaching.com/product/preschool/rhyming-words-matching-activity/>

<http://www.guruparents.com/alphabet-chart/>

<http://www.playdoughtoplato.com/free-alphabet-printables/>

http://www.firstpalette.com/tool_box/printables/alphabetlower.html

<https://www.worksheetworks.com/english/alphabet/alphaflash.html>

<https://www.rethinked.com/>

<https://www.prekinders.com/nursery-rhymes/>

<http://preschoolmom.com/preschool-resources/preschool-file-folder-games/>

<http://activity-mom.com/>

<http://www.3dinosaurs.com/printables/writing/index.php>

<http://source4teachers.com/sams/>

<http://www.earlychildhoodprintables.com/membersecp.html>

http://www.benchmarkeducation.com/best-practices-library/supporting-english-language-learners-in-reading-writing.html#section_5

<https://childmind.org/article/choosing-a-parent-training-program/>

<http://www.childrenshospital.org/conditions-and-treatments/conditions/o/oppositional-defiant-disorder/symptoms-and-causes>

<https://nurturestore.co.uk/creative-math-activities-for-kids-preschool-kindergarten>

https://www.sensorysmarts.com/sensory_diet_activities.html

<http://sensoryprocessingmadesimple.com/sensory-diet-for-children/>

<http://www.themeasuredmom.com/52-free-cards-for-teaching-letter-sounds/>