

Behaviour Protocol Tool Box Tier I

Use this list as a **resource of evidence-based strategies** to try in Tier I. **Choose a strategy/strategies and comment on its effectiveness.**

When trying new interventions, behaviours may get worse before they get better. Allow time (approximately 4 to 6 weeks or longer) for interventions to succeed.

Behavioural Management Strategies	Comments What did you try? How long was the strategy used? What was the outcome?
<input type="checkbox"/> Behaviour Charts and tracking <ul style="list-style-type: none"> ○ http://www.freeprintablebehaviorcharts.com/ 	
<input type="checkbox"/> Rewards <ul style="list-style-type: none"> ○ Praise ○ Call parent or send positive note home ○ Simple reward system <ul style="list-style-type: none"> ○ Token Economy ○ Mystery Motivator ○ Good Behaviour Game ○ Reward Tickets ○ http://www.freeprintablebehaviorcharts.com/ 	
<input type="checkbox"/> Consequences <ul style="list-style-type: none"> ○ Call parent or send note home ○ Loss of privileges ○ Card flip 	

<ul style="list-style-type: none"> ○ Finish work during free time ○ Time out ○ Talk ticket ○ Reflection sheet ○ Removal from classroom ○ Sent to office ○ Stay after school 	
Attention/Self-Regulation Strategies	
<ul style="list-style-type: none"> □ Mind UP Program® (available for loan through SRPSD's L4U library) 	
<ul style="list-style-type: none"> □ The Alert Program ® (How Does Your Engine Run?) (available for loan through SRPSD's L4U library) Recommended for students 8 to 12 years old. 	
<ul style="list-style-type: none"> □ Brain Driver's Education: Operator's Guide Using Your Brain to Get Where You Want to Go A Guide For High School Students® Available online. Recommended for high school students. 	
<ul style="list-style-type: none"> □ Oral mouth strategies <ul style="list-style-type: none"> ○ Chew products available for trial through SRPSD's L4U library – Contact Betty Sinclair at bsinclair@srsd119.ca. Examples include: <ul style="list-style-type: none"> ▪ Chewelry® ▪ ARK's Grabber® ▪ Chew-Ease pencil topper® ▪ Chew-Ease (clip on chewy tube)® ○ Candy/Snacks (crunchy, chewy, sour, sweet) ○ Drink from a straw ○ Deep breathing ○ Other 	
<ul style="list-style-type: none"> □ Touch <ul style="list-style-type: none"> ○ Fidgets (e.g., stress ball, bean bag, balloons filled with flour, Thera-putty®) ○ Tangle® (available for trial through SRPSD's L4U library – Contact Betty Sinclair at bsinclair@srsd119.ca.) ○ Interactive iPad apps (e.g., Fluidity, Bubble Snap, Pocket Pond) 	

<ul style="list-style-type: none"> □ Visual <ul style="list-style-type: none"> ○ Bright lights ○ Dim lights ○ Organized work space ○ Reading a book/magazine 	
<ul style="list-style-type: none"> □ Listening <ul style="list-style-type: none"> ○ Music ○ Headphones or earplugs ○ Study booth ○ Option to work in the hallway or quiet room ○ Other 	
<ul style="list-style-type: none"> □ Movement <ul style="list-style-type: none"> ○ Disco Seat®/Move 'n' Sit Cushion® (available for trial through SRPSD's L4U library – Contact Betty Sinclair at bsinclair@srsd119.ca. ○ Velcro under desk ○ Exercise band wrapped around desk legs ○ Yoga cards ○ Movement break/Break Cards ○ Variations in seating (e.g., swivel chair, T stools®, Hokki Stool®, exercise ball) ○ Standing desk/stand while working ○ Movement strip at the back of the classroom ○ Assistive Technology ○ Other 	
<ul style="list-style-type: none"> □ Sensory kits are available for trial through SRPSD's L4U library – Contact Betty Sinclair at bsinclair@srsd119.ca. <ul style="list-style-type: none"> • Elementary and Middle years kits are available. • Kits include a Move'n Sit Cushion®, Disco Seat®, Time Timer®, yoga cards, weighted products, stretch and yoga music program, elastaband exerciser, cuddle bag, fidgets, Chewelry®, DVDs, exercise ball, fit spot cards, printed resources, etc. 	
Instructional Strategies	
<ul style="list-style-type: none"> □ Visual schedule □ Expanding Expression Toolkit □ Home/school communication book □ Reduce assignment/extra time □ Assign a buddy or partner 	

<ul style="list-style-type: none"> <input type="checkbox"/> Assign a classroom job <input type="checkbox"/> Break down assignment/directions <input type="checkbox"/> Colour coded folders <input type="checkbox"/> Desk templates <input type="checkbox"/> Organize materials daily <input type="checkbox"/> Regular desk checks <input type="checkbox"/> SRPSD Software Programs <input type="checkbox"/> Technology available for loan through SRPSD's L4U library – Contact Betty Sinclair at bsinclair@srsd119.ca. Examples include: <ul style="list-style-type: none"> • Time Timer® • Reading Pen • Kindle E-Reader • Spelling Calculator • Livescribe® Smartpen <input type="checkbox"/> Assistive Technology <ul style="list-style-type: none"> • Study Tools/Note taking • Reading • Writing • Math <input type="checkbox"/> Ipad Apps 	
Social/Emotional Strategies	
<ul style="list-style-type: none"> <input type="checkbox"/> Incredible Five Point Scale <input type="checkbox"/> Social Narratives <input type="checkbox"/> Sequencing Strips <input type="checkbox"/> Comic Strip Conversations <input type="checkbox"/> Daily Emotional Check-in <input type="checkbox"/> Worry Jar <input type="checkbox"/> Turn Around Program (available for loan through SRPSD's L4U library) – Contact Betty Sinclair at bsinclair@srsd119.ca. <input type="checkbox"/> http://www.freeprintablebehaviorcharts.com/ <input type="checkbox"/> What to do when series (short books with practical strategies on anger management, anxiety, OCD, & sleep issues) - Contact Betty Sinclair at bsinclair@srsd119.ca. 	
Assistive Technology Resources	
<p>See the “Tiered Classification of Resources for Assistive Technology” on the SRPSD website:</p>	
Other Strategies Not Listed Above	

Behaviour Protocol Tool Box Tier II

Use this list as a **resource of evidence-based strategies** to try in Tier II. **Choose a strategy/strategies and comment on its effectiveness.**

When trying new interventions, behaviours may get worse before they get better. Allow time (approximately 4 to 6 weeks or longer) for interventions to succeed.

Strategies	Comments What did you try? How long was the strategy used? What was the outcome?
<input type="checkbox"/> Teach relaxation techniques <ul style="list-style-type: none"> ○ Count to 10 ○ Draw a picture ○ Journal ○ Listen to music ○ Stress ball/fidget ○ Take a break ○ Deep breathing ○ Stretching ○ Behaviour Thermometer ○ Go to a safe cool-down spot ○ Applicable iPad apps (e.g., Fluidity, Bubble Snap, Pocket Pond) 	
<input type="checkbox"/> Teach social skills <ul style="list-style-type: none"> ○ Incredible five point scale ○ Social narratives ○ Comic Strip Conversations ○ Sequencing strips 	

<ul style="list-style-type: none"> ○ Power cards ○ Behaviour Thermometer ○ Turn Around Program (available for loan through SRPSD's L4U library) ○ Applicable iPad apps (e.g. Social Skills/Behaviour) ○ What to do when series (short books with practical strategies on anger management, anxiety, OCD, & sleep issues) - Contact Betty Sinclair at bsinclair@srsd119.ca. 	
<ul style="list-style-type: none"> □ Implement a self-monitoring program <ul style="list-style-type: none"> ○ Book: <i>Orchestrating Positive and Practical Behaviours Plans</i> , Author: Dawn Reithaug (available for loan through SRPSD's L4U library) ○ Punch Card ○ http://www.freeprintablebehaviorcharts.com/ 	
<ul style="list-style-type: none"> □ Establish a break system using “break cards.” On the back of each card, offer the student strategies they may try for a set time limit (e.g. 5 minutes) <p>Many examples and printables can be found on the SRPSD network T:\Teaching and Learning Resources\Behaviour Visuals for Teachers</p>	
<ul style="list-style-type: none"> □ Arrange for a peer tutor 	
<ul style="list-style-type: none"> □ Arrange for a mentor 	
<ul style="list-style-type: none"> □ Individualized visual schedule 	
<ul style="list-style-type: none"> □ Establish a response cost reward system <ul style="list-style-type: none"> ○ Response cost lottery ○ Points for Grumpy 	
<ul style="list-style-type: none"> □ Together with the student, create a behaviour contract <ul style="list-style-type: none"> ○ Steps to create a behaviour contract ○ Various behaviour contract forms ○ More Free templates ○ I am working for ○ Behavior templates ○ http://www.freeprintablebehaviorcharts.com/ 	

<ul style="list-style-type: none"> □ Have regular Check-ins/Check-outs with the student <ul style="list-style-type: none"> ○ Daily emotional check-in ○ http://www.freeprintablebehaviorcharts.com/ 	
<ul style="list-style-type: none"> □ Sensory strategies <ul style="list-style-type: none"> ○ Products available for trial through SRPSD's L4U library – Contact Betty Sinclair at bsinclair@srsd119.ca. Examples include: <ul style="list-style-type: none"> ▪ Weighted vest ▪ Lap snake ▪ Body sock 	
<ul style="list-style-type: none"> □ School based behaviour assessments that could be used to gather more information <ul style="list-style-type: none"> ○ Online FBA profiler ○ Online CPI profiler <p>* Tips</p> <ol style="list-style-type: none"> 1. If you do not know the answer to the first 10 questions regarding background history, leave them blank. 2. If you are uncertain as to an answer, guess #3 3. When you finish the assessment, you will be sent to a page that makes reference to a required payment. Please ignore this message and scroll down to the bottom of the page where the results are reported. 	
Assistive Technology Resources	
<p>See the "Tiered Classification of Resources for Assistive Technology" on the SRPSD website:</p>	