Saskatchewan Rivers Public School Division
Excellence for Every Learner

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?
□ Behaviour Charts and tracking 　o http://www.freeprintablebehaviorcharts.com/	
□ Rewards 　o Praise 　o Call parent or send positive note home 　o Simple reward system 　　o Token Economy 　　o Mystery Motivator 　　o Good Behaviour Game 　　o Reward Tickets 　o http://www.freeprintablebehaviorcharts.com/	
□ Consequences 　o Call parent or send note home 　o Loss of privileges 　o Card flip	

o Finish work during free time o Time out o Talk ticket o Reflection sheet o Removal from classroom o Sent to office o Stay after school	
Attention/Self-Regulation Strategies	
□ www.zonesofregulation.com □ Mind UP Program®(available for loan through SRPSD's L4U library)	
□ The Alert Program ® (How Does Your Engine Run?) (available for loan through SRPSD's L4U library) Recommended for students 8 to 12 years old.	
□ 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.	

□ Oral mouth strategies
 o Chew products available for trial through SRPSD's L4U library – Contact Deb Hobson at DHobson@srsd119.ca. Examples include:
  ▪ Chewelry®
  ▪ ARK's Grabber®
  ▪ Chew-Ease pencil topper®
  ▪ Chew-Ease (clip on chewy tube)®
 o Candy/Snacks (crunchy, chewy, sour, sweet)
 o Drink from a straw
 o Deep breathing
 o Other	

□ Touch o Fidgets (e.g., stress ball, bean bag, balloons filled with flour, Thera-putty®) o Tangle® (available for trial through SRPSD's L4U library – Contact Deb Hobson at DHobson@srsd119.ca. o Interactive iPad apps (e.g., Fluidity, Bubble Snap, Pocket Pond)	

□ Visual
    o Bright lights
    o Dim lights
    o Organized work space
    o Reading a book/magazine	

□ Listening
    o Music
    o Headphones or earplugs
    o Study booth
    o Option to work in the hallway or quiet room
    o Other	

□ Movement
    o Disco Seat®/Move 'n' Sit Cushion® (available for trial through SRPSD's L4U library – Contact Deb Hobson at DHobson@srsd119.ca.
    o Velcro under desk
    o Exercise band wrapped around desk legs
    o Yoga cards
    o Movement break/Break Cards
    o Variations in seating (e.g., swivel chair, T stools®, Hokki Stool®, exercise ball)
    o Standing desk/stand while working
    o Movement strip at the back of the classroom
    o Assistive Technology
    o Other	

Sensory Kits are available for trial through SRPSD's L4U Library - Contact Deb Hobson at DHobson@srsd119.ca
    • 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	

Instructional Strategies	
□ Visual schedule □ Expanding Expression Toolkit □ Home/school communication book □ Reduce assignment/extra time □ Assign a buddy or partner	

□ Assign a classroom job
□ Break down assignment/directions
□ Colour coded folders
□ Desk templates
□ Organize materials daily
□ Regular desk checks
□ SRPSD Software Programs
□ Technology available for loan through SRPSD's Šl W|ăׁæˆ – Contact Deb Hobson DHobson@srsd119.ca. Examples include:
   • Time Timer®
   • Reading Pen
   • Kindle E-Reader
   • Spelling Calculator
   • Livescribe® Smartpen
□ Assistive Technology
   • Study Tools/Note taking
   • Reading
   • Writing
   • Math
□ Ipad Apps	

Social/Emotional Strategies	
□ Incredible Five Point Scale □ Social Narratives □ Sequencing Strips □ Comic Strip Conversations □ Daily Emotional Check-in □ Worry Jar □ Turn Around Program (available for loan through SRPSD's L4U library) – Contact Deb Hobson at DHobson@srsd119.ca. □ http://www.freeprintablebehaviorcharts.com/ □ What to do when series (short books with practical strategies on anger management, anxiety, OCD, & sleep issues) - Contact Deb Hobson at dhobson@srsd119.ca.	
Assistive Technology Resources	
See the "Tiered Classification of Resources for Assistive Technology" on the SRPSD website:	
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?
□ Teach **relaxation techniques** 　o　Count to 10 　o　Draw a picture 　o　Journal 　o　Listen to music 　o　Stress ball/fidget 　o　Take a break 　o　Deep breathing 　o　Stretching 　o　Behaviour Thermometer 　o　Go to a safe cool-down spot 　o　Applicable iPad apps (e.g., Fluidity, Bubble Snap, Pocket Pond)	
□ Teach **social skills** 　o　Incredible five point scale 　o　Social narratives 　o　Comic Strip Conversations 　o　Sequencing strips	

o Power cards o Behaviour Thermometer o Turn Around Program (available for loan through SRPSD's L4U library) o Applicable iPad apps (e.g.Social Skills/Behaviour) o What to do when series (short books with practical strategies on anger management, anxiety, OCD, & sleep issues) - Contact Deb Hobson at DHobson@srsd119.ca.	

□ Implement a **self-monitoring** program
    o Book: Orchestrating Positive and Practical Behaviours Plans , Author: Dawn Reithaug (available for loan through SRPSD's L4U library)
    o Punch Card
    o http://www.freeprintablebehaviorcharts.com/	

□ 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)	
□ Arrange for a **peer tutor**	
□ Arrange for a **mentor**	
□ Individualized **visual schedule**	

□ Establish a **response cost reward system**
    o Response cost lottery
    o Points for Grumpy	

□ Together with the student, create a **behaviour contract**
    o Steps to create a behaviour contract
    o Various behaviour contract forms
    o More Free templates
    o I am working for ….
    o Behavior templates
    o http://www.freeprintablebehaviorcharts.com/	

□ Have regular **Check-ins/Check-outs** with the student
     o [Daily emotional check-in](#)
     o http://www.freeprintablebehaviorcharts.com/	

□ **Sensory strategies**
     o Products available for trial through SRPSD's L4U library – Contact Deb Hobson at DHobson@srsd119.ca.   Examples include:
        ▪ Weighted vest
        ▪ Lap snake
        ▪ Body sock	

□ **School based behaviour assessments** that could be used to gather more information
     o [Online FBA profiler](#)
     o [Online CPI profiler](#)
 	
 * **Tips**
     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	
See the "[Tiered Classification of Resources for Assistive Technology](#)" on the SRPSD website:	