

Emotional, Social & Behavioral Interventions that Work!

Presented by
Donna Whyte

www.thesmartiezone.com



Social Skills

Empathy

- Behaves appropriately when others are upset or injured
- Uses words such as: I understand... or I have felt like...
- Understands that others may not feel the same as he/she does

Test Question — Does student display empathy?

When we encourage students to become more empathic, we help them create more opportunities for success in school and other aspects of their lives. Being empathetic is an invaluable life skill.



90+ Ideas and Activities For Social, Emotional & Behavioral Components of MTSS



By - Donna Whyte
Purchase at thesmartiezone.com - \$13.00
All tests are available through your ESGT subscription.
These Ideas & activities were created for users who want "next steps" once the progress monitoring is completed. Increase MTSS components with these Fun and Engaging Ideas and Activities! All Directions and Blackline Masters INCLUDED!

Social

- Empathy Situation Cards
- Point of View - 6 & 9
- Paraphrase
- Spiders - Like - Dislike
- Agree - Disagree
- Perspective Pictures
- Languages
- Six Graph
- Doing Things Different
- Different Families
- Sharing for Success
- Should We Always Share?
- Take Turns Game



- Group Rules
- Join the Group
- Hand Raising
- Stamina Chart
- Tracking Stamina
- Passage of Time
- Wait Clocks
- "None in the Room!"
- Ready, Set, Go!
- Good Listening!
- Our Rock
- "Don't!"
- Good Choice/Bad Choice
- Stop - Focus - Repeat
- "Teacher May I?"
- Echo
- Talking Skills
- Slump or Jump!
- Who Needs Directions?
- Stamina for Directions
- Draw Me a Picture
- Repeat Song
- Color by Number
- Direction Beans
- Verbal and Nonverbal Communication
- Use Your Hands
- Finish the Sentence
- Manners Matter
- Cookies - Little Size Life Lessons
- What and What?
- There A Fill
- Need Help?
- Class Book for Support

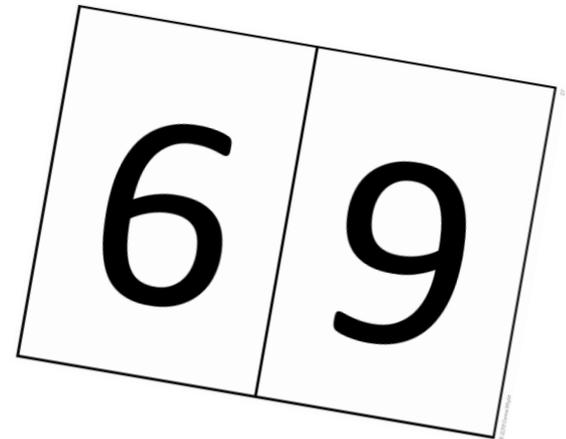


Teaching Point of View

Use the numbers 6 and 9 to teach students about different points of view. First, have students look at the number 6 and then the number 9. Explain to students that the idea for this exercise came from an old Middle Eastern legend in which two princes were at war for many years. One prince looked at the image on the table and said it was a 6, while the other prince said it was a 9. For years the battle raged, and then one day when the princes were seated at the table a young boy turned the tablecloth around, and for the first time, they could see the other's point of view. The war came to an end, and the princes became firm friends. Explain to students that we don't all see things the same way. Illustrate with examples from your own life in which something similar has happened in terms of you arguing with somebody simply because they had a different point of view. Share a situation from the class where two students didn't see things the same way.

Agree or Disagree?
Names _____ & _____
Who is telling the truth?

Why do you think this?

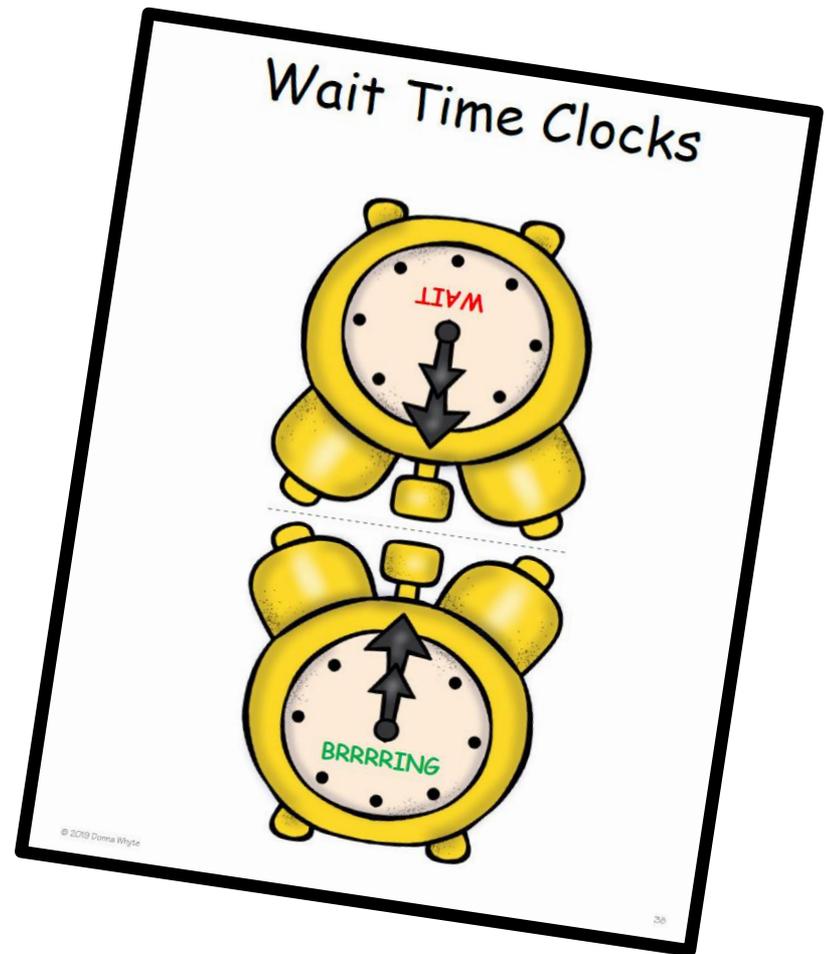


6

9

Patience

- Waits turn
- Stands in line
- Patience when learning something new
- Patience during challenging activities



- “Being in the Moment” - Play a soothing piece of music and ask students to relax and enjoy quiet time. Teach them that it can be calming to live in the moment.

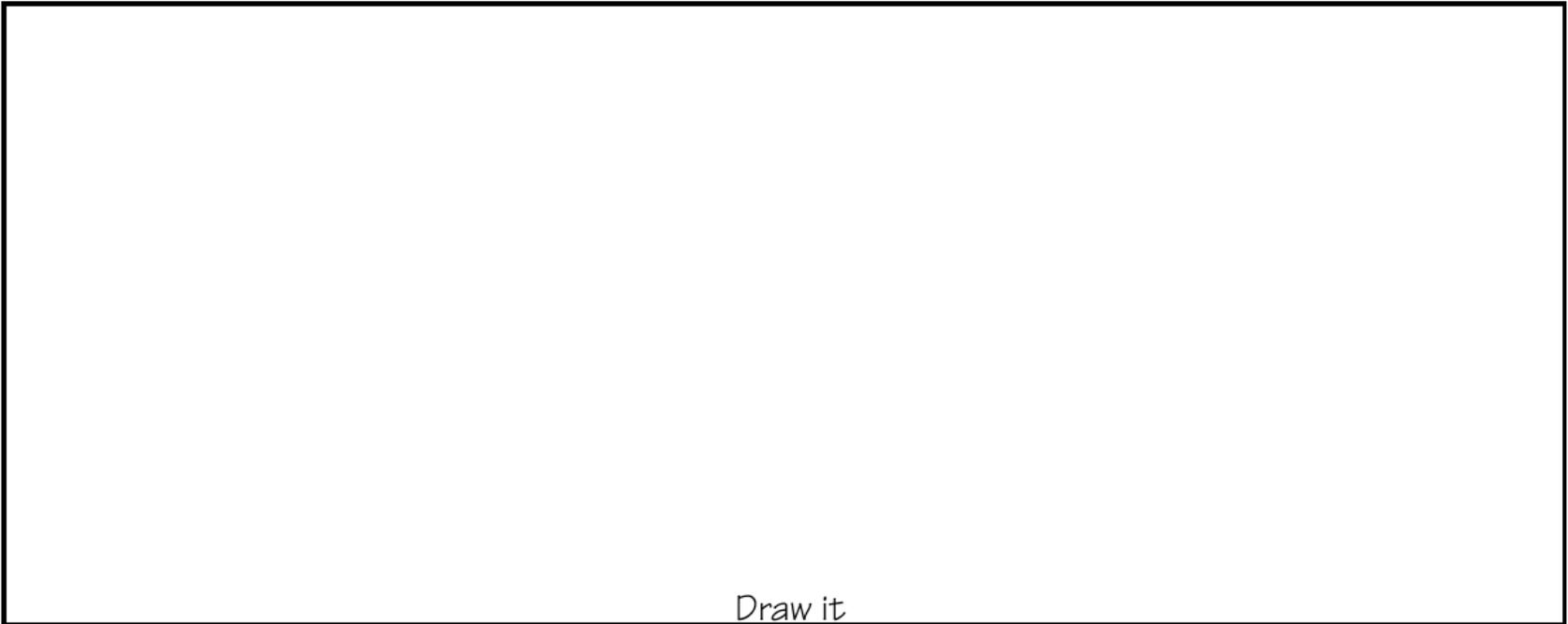
- Class Book - Create a book of student generated ideas for supporting one another. Be sure to add things such as encouraging others, lending your supplies or coaching someone in solving a problem. Give each student a copy of the Support Outline on page 53 and put them together to create the class book.

I can support a classmate by

Draw it

- What do I NEED Right Now? - Use the mini-strips on page 59 to get children to reflect on how they feel and what they need to be able to handle a situation.

I can support a classmate by

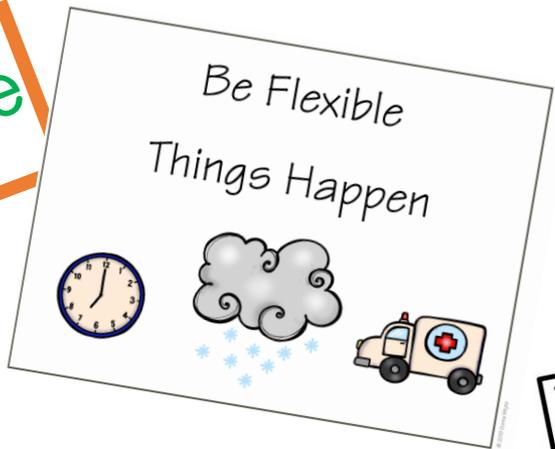


Draw it

Emotion Cards

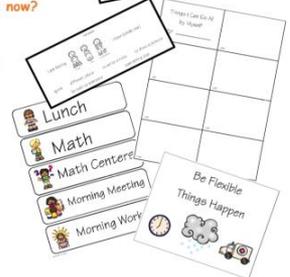
Big Problem/
Little Problem

Be Flexible



Emotional

- Emotions Cards
- Anger?
- Emotions Drive Behavior
- Little Problem versus Big Problem
- Self-Confidence - Do I have it?
- Gaining Self-Confidence
- Independence Signal
- Things I Can do All by Myself
- Uh Oh! Help
- Risk Can Be Scary
- Calm Down Time
- What do I NEED right now?
- Reward/Punishment
- Trust - What is it?
- I can Depend on YOU
- Little White LIE
- Rubber Band
- Classroom Schedule
- Control and Security
- Positive Language



LITTLE Problem versus BIG Problem	
Broken Pencil	Someone hurts you
	Someone tells you

Available at
thesmartiezone.com

Alligator, Alligator, Alligator

Stinky Skunk, Stinky Skunk, Stinky Skunk

Piggy, Piggy, Piggy

Turkey, Turkey, Turkey

Bugs, Bugs, Bugs

Ghost, Ghost, Ghost

The above are all the same game. You mix any picture from above into a deck of cards. You should use multiple copies of the same picture in the deck. For example, let's use the alligator card. I mix a number of alligator cards into a pile of concept cards (these can be letters, numbers, facts, names, vowels, rhymes, pictures etc). I then put the cards face down on the floor and spread them out. The children sit in a circle around the cards and one at a time reach in and choose a card. They turn it over and can tell anything about the card that they want (I love to use cards that have multiple levels on them – I get a variety at a site named bogglesworld.com). Once they tell the group something about the card then play goes to the next person – you can keep the cards that have been picked or let the child hang on to it. When a child picks an alligator card, everyone in the circle must stand up (in their assigned space) spin around and holler alligator, alligator, alligator...when you say "SWAMP" ...they must sit down. You need to take the alligator cards out of the game as they are chosen. The alligator cards ensure that everyone stays focused on the game.

If it's a:

Skunk Card - kids hold their nose, turn in a circle and say stinky skunk until you say "PeeYew"

Piggy Card – kids jump up and say "oink, oink, oink" until you say "Pig Pen"

Turkey Card – kids say gobble, gobble, gobble until you say "Chop"they love this one...some teachers do not

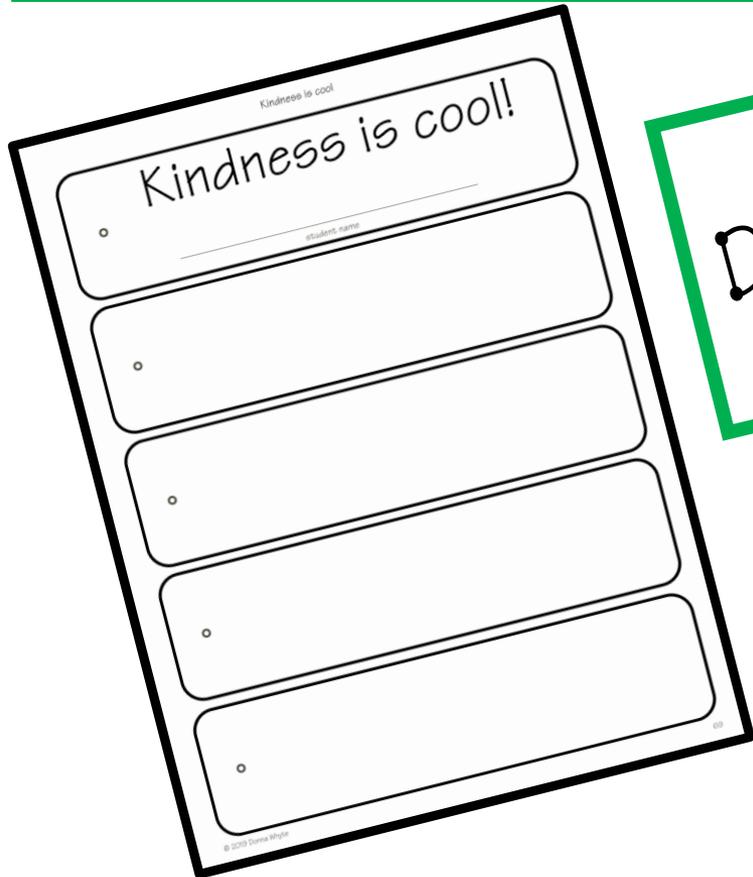
Bee Card – buzz, buzz, buzz until you say "Bee Hive"

Ghost Card – boo, boo, boo until you say "Haunted House"

You can mix in any card and come up something for the kids to say and then call out a "transition" word that gets them back in their spot.

Ideas and Activities

- Kindness is Cool - Create the Kindness is Cool Fan on page 69. Make a page for each student in the class. Have them put their name on the front page of the fan, then cut out the fan pieces and secure with a brad. Pass the fan around to other students and



Kindness is cool!

student name _____

○

○

○

○

○

It's time to go.

excited snobby

I don't like peas.

mean matter of fact

Would you like

this chair?

sarcastically kind

When is snack
time?

whining asking

Let's play tag.

tough inviting

May I use the
bathroom?

serious quirky

I didn't mean to
hurt your feelings.

annoyed apologetic

I need help!

worried hopeful

What do you
want?

frustrated polite

Where is my
pencil?

mad happy

90+ Ideas and Activities For Social, Emotional & Behavioral Components of MTSS



By ~ Donna Whyte

Purchase at thesmartiezone.com - \$13.00

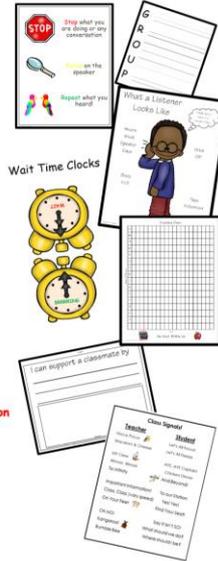
All tests are available through your ESGI subscription
These ideas & activities were created for users who
want "next steps" once the progress monitoring is
completed. Increase MTSS components with these Fun
and Engaging Ideas and Activities! All Directions and
Blackline Masters INCLUDED!

Social

- Empathy Situation Cards
- Point of View - 6 & 9
- Paraphrase
- Spiders - Like ~ Dislike
- Agree ~ Disagree
- Perspective Pictures
- Languages
- Eye Graph
- Doing Things Different
- Different Families
- Sharing for Success
- Should We Always Share?
- Take Turns Game

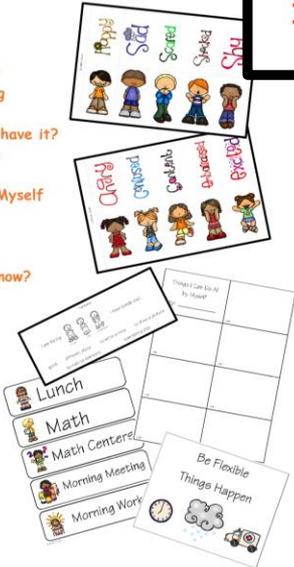


- Group Rules
- Join the Group
- Hand Raising
- Stamina Chart
- Tracking Stamina
- Passage of Time
- Wait Clocks
- "Being in the Moment"
- Ready, Set, Go!
- Good Listening!
- Our Rock
- "Own It"
- Good Choice/Bad Choice
- Stop ~ Focus ~ Repeat
- "Teacher May I?"
- Echo
- Talking Sticks
- Slump or Jump!
- Who Needs Directions?
- Stamina for Directions
- Draw Me a Picture
- Popcorn Song
- Color by Number
- Direction Boxes
- Verbal and Nonverbal Communication
- Use Your Hands
- Finish the Sentence
- Manners Matter
- Cookies - Bite-Size Life Lessons
- What and When?
- Throw A Fit
- Need Help?
- Class Book for Support



Emotional

- Emotions Cards
- Anger?
- Emotions Drive Behavior
- Little Problem versus Big Problem
- Self-Confidence - Do I have it?
- Gaining Self-Confidence
- Independence Signal
- Things I Can do All by Myself
- Uh Oh! Help
- Risk Can Be Scary
- Calm Down Time
- What do I NEED right now?
- Reward/Punishment
- Trust - What is it?
- I can Depend on YOU
- Little White LIE
- Rubber Band
- Classroom Schedule
- Control and Security
- Positive Language



- Respect
- Taking Turns - Start Small
- Dreadful Words
- No Waste!
- Brody Borrows Money
- Positive/Negative Behavior Cards
- Voice Level
- I Got This!
- Personal Space
- Words for What you Want
- Tone Matters
- Let's Practice
- "Whisk it Away"
- Who Needs Rules in the Hallway?
- Teach it - Don't Expect it!
- Kindness is Cool Fan
- Ricky Sticky Fingers
- Mirror, Mirror on the Wall
- Kindness Spray
- Routines
- Morning Meeting/Afternoon Wrap Up
- The Average Day
- Rules! Rules! Rules!
- Expert Book
- The Job May Look Different
- Things to Do Alone/Things to Do Together
- Problem-Solver

