Incredible Years Buzz!

Workshop 4 —

In This Issue

- Effective ignoring
- Distractions, redirections
- Teaching students calm down strategies

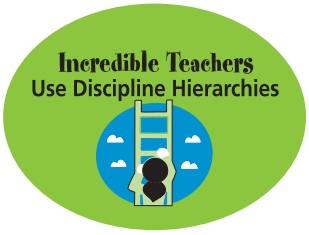
What teachers plan to accomplish!

- Identify behaviors to ignore & behaviors to attend to with praise
- Teach students how to ignore and use their ignore muscles with other students who are annoying them
- Teach students how to calm down
- Use the "calm down thermometer" to teach self-regulation skills
- Use the "I can control my anger" stickers
- Send home with child the Teacher-to-Parent Communication Home Activity regarding compliment time
- Staying calm and using positive coping thoughts
- Review the "show me five" rules

Contact:

Group leader's name/email

Reminders of Suggested Activities & Readings



Take a look at your "buzz" ideas, self-reflection inventories and handouts from the last workshop to see how you are doing in establishing a discipline hierarchy and starting with the least intrusive approach. Have you tried out a new idea or read some the handouts or assigned readings, or implemented your behavior plan? . . .

Principles for Ignoring, Distractions & Redirecting

Goals & Activities

Review your student behavior plans and set a goal regarding a behavior you will ignore or use a redirection strategy. Read chapter 6 in your book, *How to Promote Children's Social and Emotional Competence.* **[Write your own goals here or on your self-reflection form]**

The Incredible Years

www.incredibleyears.com