Incredible Years Buzz!

Workshop 5 —

In This Issue

- Establishing a discipline plan
- Using logical consequences
- Time Out to calm down for aggressive behavior

What teachers plan to accomplish!

- Setting clear, respectful limits
- Teaching students how to take Time Out to calm down
- Utilizing Time Out only for aggressive and destructive behaviors
- Use the "calm down thermometer" to teach self-regulation skills
- Review the "I can control my anger" stickers
- Send home with child the Teacher-to-Parent Communication Home Activity regarding calm down strategies
- Stay calm and use positive coping thoughts

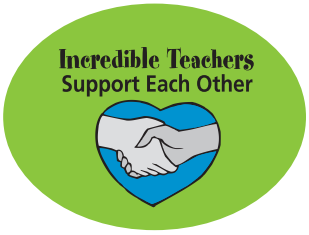
Contact:

Group leader's name/email

The Incredible Years

www.incredibleyears.com

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 utlizing your discipline hierarchy, teaching your students to calm down and giving attention to positive opposite behaviors. Have you tried out a new idea or read some of the assigned readings, or implemented your behavior plan? . . .

Principles for Following Through with Consequences and Teaching Calm Down Strategies

Goals & Activities

Review your student behavior plans and set a goal regarding teaching your students self-regulation strategies using the calm down thermometer or turtle puppet. Read chapters 7 & 8 in your book, *How to Promote Children's Social and Emotional Competence.* **[Write your own goals here or on your self-reflection form]**