

### **Disruptive Behavior**

Clear and effective instructions on what to do  
Verbal/visual reminders  
Praise and reinforcement for good behavior  
Breaking down tasks into multiple baby steps (start your homework -> get out pencil, get out paper, open book to page 40, set up workspace, check in with your bodily needs (water, bathroom?).  
Setting small goals and providing a daily report card  
2 minute check-in during work time  
Communicate with parents (positives and negatives)  
Active ignoring of attention seeking behaviors  
Education to students and parent about executive functioning.

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### **Problem-solving**

Validate current emotions.  
[DEARMAN](#)  
[Opposite Action](#)  
Draw out a scenario with two-three paths.  
Go through each one. What's one option? Another option? Another option?  
Reflect- now what?  
What's the wise choice?  
What steps do I need to take to make that choice?  
What are my reasons for making that choice?

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### **Trauma**

Safety planning  
Psychoeducation on physiological impacts of trauma (understanding hypervigilance)  
Emphasize strengths, resilience, and unique gifts (able to read people, care about others, etc...)  
Grounding and relaxation  
Relationship building  
Healthy boundaries and limits  
Assertiveness skills

### **Depression**

Positive self-talk, positive sticky notes, quotes  
[Opposite Action](#)  
[Grounding activity \(54321\)](#)  
Club or sport or hobby  
Challenging negative thoughts or thought distortions (don't believe everything you think!)  
Relaxation strategies  
Physical health and activity goals  
TLC- Talk to a friend, Look for the silver lining, Change the Channel (think about/do something else)  
  
Suicide Screening: [Columbia Suicide Severity Rating Scale for Schools with Triage](#)

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### **Anxiety**

*AnxietyCanada & Mindshift App*  
Psychoeducation for child and adults  
Fear ladder  
Exposure  
[Grounding activity \(54321\)](#)  
Challenging unhelpful and untrue thoughts  
Mindful acceptance  
Reminder bridges (remember a time i handled this)  
Normalize worry  
Talk back to worry (externalize worry)  
Problem solve ahead of time  
Expect worry to show up

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