

## **HANDOUT: Parenting Within the Lines: Resource and Tool Kit**

### **Website Links:**

- <https://creatingafamily.org/foster-care/foster-care-suggested-books/books-for-kids-in-foster-care/>
- <https://creatingafamily.org/foster-care/foster-care-suggested-books/books-for-kids-abuse-trauma/>
- <https://creatingafamily.org/adoption/adoptionsuggestedbooks/books-kids-general/>
- <https://cosmickids.com/>

### **Library of Julia Cook Books can be found at:**

<https://www.thriftbooks.com/a/julia-cook/469173/>

### **Additional Resources**

- The Little Boy who Cried Wolf
- Big Fat Liar- Movie
- What Would Danny Do? Ganit and Adir Levy
- If You Had to Choose, What Would You Do? by Sandra Mcleod Humphrey
- That Rule Doesn't Apply to Me! Julia Cook.
- Howard B. Wigglebottom and the Monkey on His Back: A Tale About Telling the Truth by Howard Binkow
- Mama Do You Love Me? By Barbara M. Jooss
- I Love you Stinky Face- Lisa McCourt

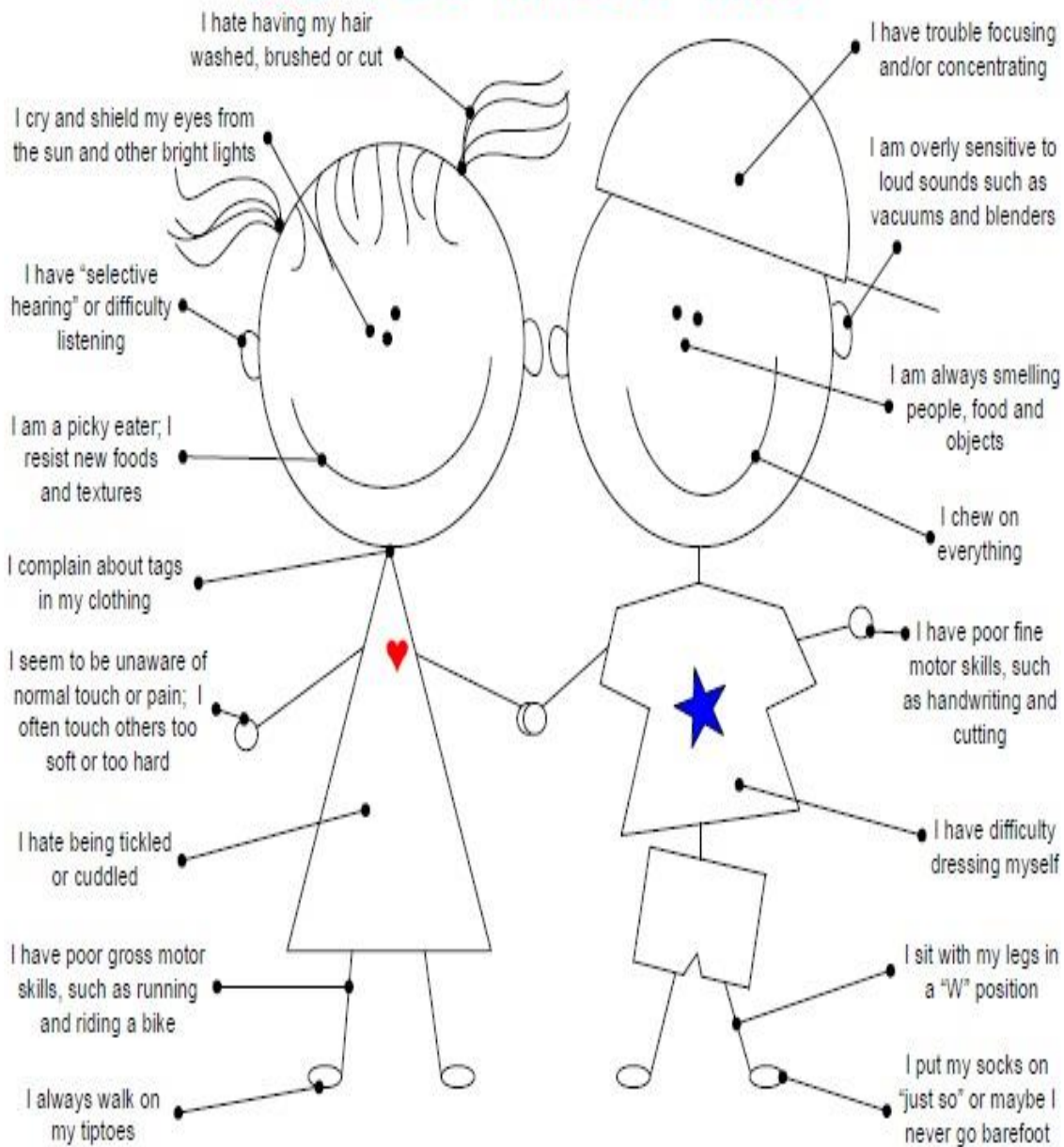


## **Rules of Connected Families- The Connected Child, Dr. Karyn Purvis**

- A youth may not dominate the family through tantrums, aggression, back talk, whining or any other tactic.
- Parents are kind, fair and consistent; they stay calm and in control. They administer structure and limits, but they also provide a great deal of nurturing, praise and affection.
- A youth is encouraged to use words to express his or her needs directly and respectfully.
- Parents honor a youth's boundaries and respectfully listen to his or her needs and requests. They never shame or ridicule a youth's perspective.
- Parents meet all reasonable needs and requests. They say "yes" when they can. Occasionally they allow a compromise, and at times they say "No" and deny requests.
- Parents respond to misbehavior immediately. They redirect youth to better choices, let him or her practice getting it right and then praise the youth for improvement. Once the conflict is resolved, they return to playful and warm interactions with their youth.
















## Understanding Sensory Issues:

# DO YOU KNOW ME?



## Resources for Teaching Self- Regulation:

# Anger Choice Cards For Classroom

When I'm angry, I can... BREATHE DEEPLY 	When I'm angry, I can... COUNT TO 10 	When I'm angry, I can... DRINK WATER 
When I'm angry, I can... GO TO THE QUIET SPOT & USE THE COOL DOWN BOX 	When I'm angry, I can... GET AN ADULT TO HELP 	When I'm angry, I can... DRAW A PICTURE 
When I'm angry, I can... SING A SONG 	When I'm angry, I can... WRITE ABOUT IT 	When I'm angry, I can... HAVE THINK TIME 
When I'm angry, I can... WALK AWAY 	When I'm angry, I can... IMAGINE A PEACEFUL SPOT 	When I'm angry, I can... TAKE A BRAIN BREAK 
When I'm angry, I can... REMEMBER A HAPPY TIME 	When I'm angry, I can... TALK TO A FRIEND 	When I'm angry, I can... SMILE ANYWAY!!! 

\*\*Created by Mrs. Kilby at <http://confessionsofaprimarysteacher.blogspot.com>

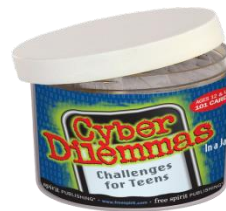
## Regulation Activities:

### 1. Create a Calm Down Kit or Stay Calm think FAST kit :

Ideas: Scented oils, sensory fidgets, bubbles, balloon, stress toys, fruit snacks, protein snack , water, tangles, hand massagers, weighted pad or ball, glitter jar or wand, calming CD etc. Create one for home, school and car, mini liquid timers, lava lamps etc.



### 2. Get Feelings in a Jar series to teach self-regulation and executive functioning skills : Available on Amazon:



### 3. Make a settle your glitter jar: Directions

- Glass jar or plastic container
- Hot Water
- Glitter Glue (colored or clear; our clear glitter glue is from
- Hot Glue/Super Glue
- Extra Glitter (optional)
  - Food Coloring (optional)



Fill jar then pour glitter glue into hot water and stir until glue is dissolved. Boiling water isn't necessary but you do want it hot so that the glue will dissolve rather than just clumping. When using colored glitter glue just as much as you want. To fill my dollar store mason jar I used half a bottle in of blue glitter glue.

**4. Create or get feelings cards, charts or games:**




**Teaching Self-Regulation with**  
**How Does Your Engine Run**

Create a How does your Engine Run plate

Supplies Needed: 1/2 paper plate, crayons/markers/ bracket and image of an arrow.

<p><i>When my engine is</i>  <b>LOW</b></p>	<p><i>I feel</i></p> <ul style="list-style-type: none"> <li>• Bored</li> <li>• Tired</li> <li>• Sad</li> <li>• Sleepy</li> <li>• Like doing nothing</li> </ul>	<p><i>To go faster, I can</i></p> <ul style="list-style-type: none"> <li>• Run in place or outside</li> <li>• Take a walk</li> <li>• Chew gum</li> <li>• Eat pretzels or cookies</li> <li>• Eat lemon heads or red hots</li> <li>• Chair push ups</li> <li>• Wall Push</li> <li>• Stretches</li> <li>• Trampoline</li> <li>• Wheelbarrow walk</li> <li>• Sour /red hots</li> <li>• Fidgets</li> <li>• Citrus Scents</li> <li>• Sit and Spin</li> <li>• Twirl</li> </ul>
<p>When my engine is</p> <p><b>JUST RIGHT</b></p>	<p><i>I feel</i></p> <ul style="list-style-type: none"> <li>• Happy</li> <li>• Ready to work</li> <li>• Able to listen</li> <li>• Able to pay attention</li> <li>• Okay</li> <li>• Good</li> </ul>	<p><i>To stay just right, I can</i></p> <ul style="list-style-type: none"> <li>• Relax</li> <li>• Keep my hot wheel to remind me</li> <li>• Ask others to help</li> </ul>



<p>When my engine is <b>HIGH</b></p> 	<p>I feel</p> <ul style="list-style-type: none"><li>• Like my head will explode</li><li>• Crazy</li><li>• Like laughing</li><li>• Like running fast</li><li>• Like playing football</li></ul>	<p>To slow down, I can</p> <ul style="list-style-type: none"><li>• Get a drink of water</li><li>• Take a deep breath</li><li>• Do chair push ups</li><li>• Rock in a rocking chair</li><li>• Dim the lights</li><li>• Listen to quiet music</li><li>• Magic Moustache</li><li>• Smell Lavender</li><li>• Weighted Lap Pad</li><li>• Weighted Vest</li><li>• Hammock/Swing</li><li>• Rocking</li><li>• Play Classical music</li><li>• Get a double bubble gum</li><li>• Ask for a tootsie pop</li><li>• Fidgets</li></ul>