

P reschool I ntervention R eferred T eam

December 21st-December 23rd Weekly Newsletter

BACKPACK CONNECTION

How to Help Your Child Recognize & Understand Disappointment (Week of 12.21.20)

English: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_emotions_disappointment.pdf

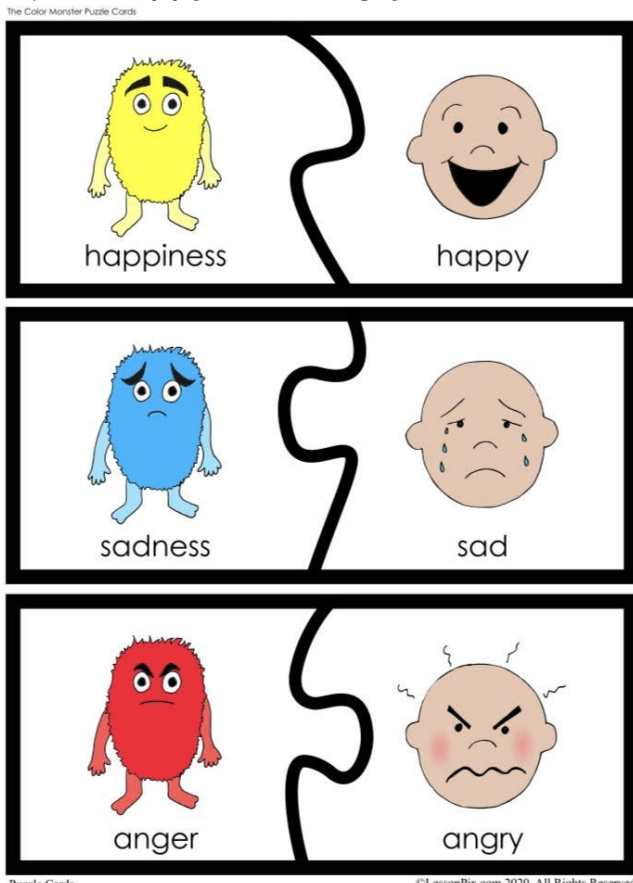
Spanish:

https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_emotions_disappointment_SP.pdf

Amidst the COVID-19 outbreak, everyday life has changed and will continue to change for most people in the United States, often with little notice. Children may struggle with significant adjustments to their routines (e.g., [schools and child care closures](#), [social distancing](#), home confinement), which may interfere with their sense of [structure, predictability, and security](#).

Fostering Emotional Literacy in Young Children: Labeling Emotions

Emotions Game: You can play games to teach your child emotions to make it fun. Encourage them to identify what makes them feel happy, sad, angry ect.



Visual supports can help children learn new skills and prevent challenging behavior. Visuals help young children learn and follow routines by helping them understand what is happening “now” and what is going to happen “next.”

First/Then Boards First/Then boards can be used for a variety of reasons. They can be used to:

- Assist with transition from one activity to another. For example, “First clean up, then play outside.”
- Break routines into smaller steps. For example, “Go to the bathroom and wash hands, then brush your teeth.”
- Encourage children to complete tasks they might not enjoy in order to do a more enjoyable task. For example, “First brush your teeth, then you can have your tablet.”

FIRST AND THEN BOARD



https://challengingbehavior.cbcs.usf.edu/docs/Routine_cards_home.pdf