

Tools and Pathways

Tools	Executive Functioning	Language processing	Emotional regulation	Cognitive Flexibility	Social Skills
Take Deep breaths	X	X	X	X	X
Sensory break	X	X	X	X	X
Squeeze machine	X	X	X	X	X
Body sock	X	X	X	X	X
Fidget	X	X	X	X	X
Sensory tub	X	X	X	X	X
Gum	X	X	X	X	X
Bumpy cushion	X	X	X	X	X
Weighted vest	X	X	X	X	X
Weighted scarf	X	X	X	X	X
Weighted lap pad	X	X	X	X	X
Squeeze Vest	X	X	X	X	X
Noise reducing headphones	X	X	X	X	X
Ear Molds	X	X	X	X	X

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Ear Plugs	X	X	X	X	X
Frozen snacks	X	X	X	X	X
Visual schedule*	X	X	X	X	X
Check list*	X	X	X		X
T chart*	X	X	X		X
Visual expectation cue card*	X	X	X		X
Visual expectation poster*	X	X	X		X
Visual get help cue card*	X	X	X		X
Take a break ticket		X	X	X	X
Headset	X		X	X	
Guided meditation	X		X	X	X
Relaxing music	X		X	X	X

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Time with a pet/ Therapy Animal	X	X	X	X	X
A big hug	X		X	X	X
Adult support	X	X	X	X	X
Talk time with a preferred adult		X	X	X	X
Collaborative Problem Solving sheet	X	X	X	X	X
Therapy Ball	X	X	X	X	
Calm down cue's	X	X	X	X	
Deep breathing cue	X	X	X	X	
IPAD/ computer	X	X	X	X	X
Quiet Area	X		X	X	

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Break Area (Quiet & Noisy)	X		X	X	
Painting	X	X	X	X	X
Drawing	X	X	X	X	X
Reading	X		X	X	X
Writing	X	X	X	X	X
Kelso's choice wheel	X	X	X	X	X
2 choice cue with words or drawing	X	X	X		
5 point Scale - personal or group	X	X	X	X	X
Peer Support	X	X	X	X	X
Facilitated Peer Interaction	X	X	X	X	X

Tools and Pathways

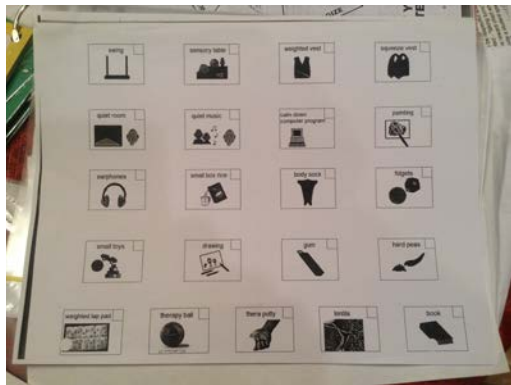
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Role play reflection- adult or peer feedback optional	X	X	X	X	X
Social Thinking Skills Curriculum such as Super Flex or Skills Streaming	X	X	X	X	X
Facilitated Social Skills Group at least 2 times weekly (Most students want to come daily as they are gaining skills)	X	X	X	X	X

Tools and Pathways

Each student should have their own list of their most useful tools or strategies in some form:

Examples*

T Chart, 5 point Scale, Picture or word choice board, list of options, wand, purse, pocket flip chart etc...



Student 5 point scale with tools

Our Group 5 Point Scale	Triggers	Feels Like	Looks Like	What can help
1, 2, 4, 5				
5	People name calling Friend wouldn't play with me Disagreement	Mad Sad Crazy	Screaming, crying Looking down Arguing, whining.	Walk away get a adult Go to get help Ask them to stop. Ask for help
4	Hungry No friends	Achi stomach, tight, Headache Sad, depressed	Cranky face, whining, Bosy Looking at the ground	Food Ask new people to play,
3	Funny faces Rude talking Barges in game	Person is trying to be mean Being mean back Disrespected	Rude talking Sad Voice is raised, arms and hands up, eyes big Mouth frowning	Ignoring Walk away Kelso choices, deep Breaths Taking a break
2	Someone saying be quiet	Nervous	Quiet not moving	
1	Going places Wiggle tooth Lost tooth	Excited Happy Very happy	Happy and lots of noise wiggle tooth From tooth To no tooth	Me sleeping on the way Come out

Olivia Pugerude #20
 * Things that bother me
 #1 - Missing Blaze
 #2 - School
 → crowded hallways
 → noisy class
 → not being chosen (usually gets disconnected)
 → getting disconnected 2 much then try to help myself cause I give up & don't really know what I am doing
 → Things I notice when I start to get disconnected
 → I start to walk or other things while walking around & around my seat
 → My head is on my desk
 → Don't sit still
 * Things I can help myself
 → get up (on floor)
 → go to bathroom & wash hands
 → get a drink of water
 → Use tools
 → tapping (one finger then another)
 → chew gum
 → chew push ups
 → wear ear muffs
 → Ask teacher like Ms. Davis Mr. Catcher and Mrs. Barbano for help

