



Keeping My Cool

Emotion Regulation – Self Awareness/Evaluation

What are we doing?

The student will give himself tally marks on a preferred character board or proud poster.

What do we need?

markers

Proud poster – premake: this can be a cute chart that indicates how great the student is doing to recognize when they are feeling angry but they kept their cool

How do we do it?

Make a proud poster or character board for the student to give him/herself stars or tallies every time he/she feels angry feelings but can keep it cool. Place this poster in the classroom, on desk, or at home on the refrigerator, somewhere for the student to see it for visual reminders and also easily accessible to keep adding the tallies for a job well done.

When are we done?

Continue as necessary. Once the student reaches a certain number of tallies, offer a reward of some kind.

How do we collect data?

Follow data collection protocol, cumulative data



Targets –

SDs, Instructions	Response Targets	Date Introduced	Date Mastered	Date Generalized
Various social scenarios, interactions, environments	Set 1 Modeled and prompted			
	Set 2 Prompted			
	Set 3 Independent			
	Set 4 Self awareness and reporting			