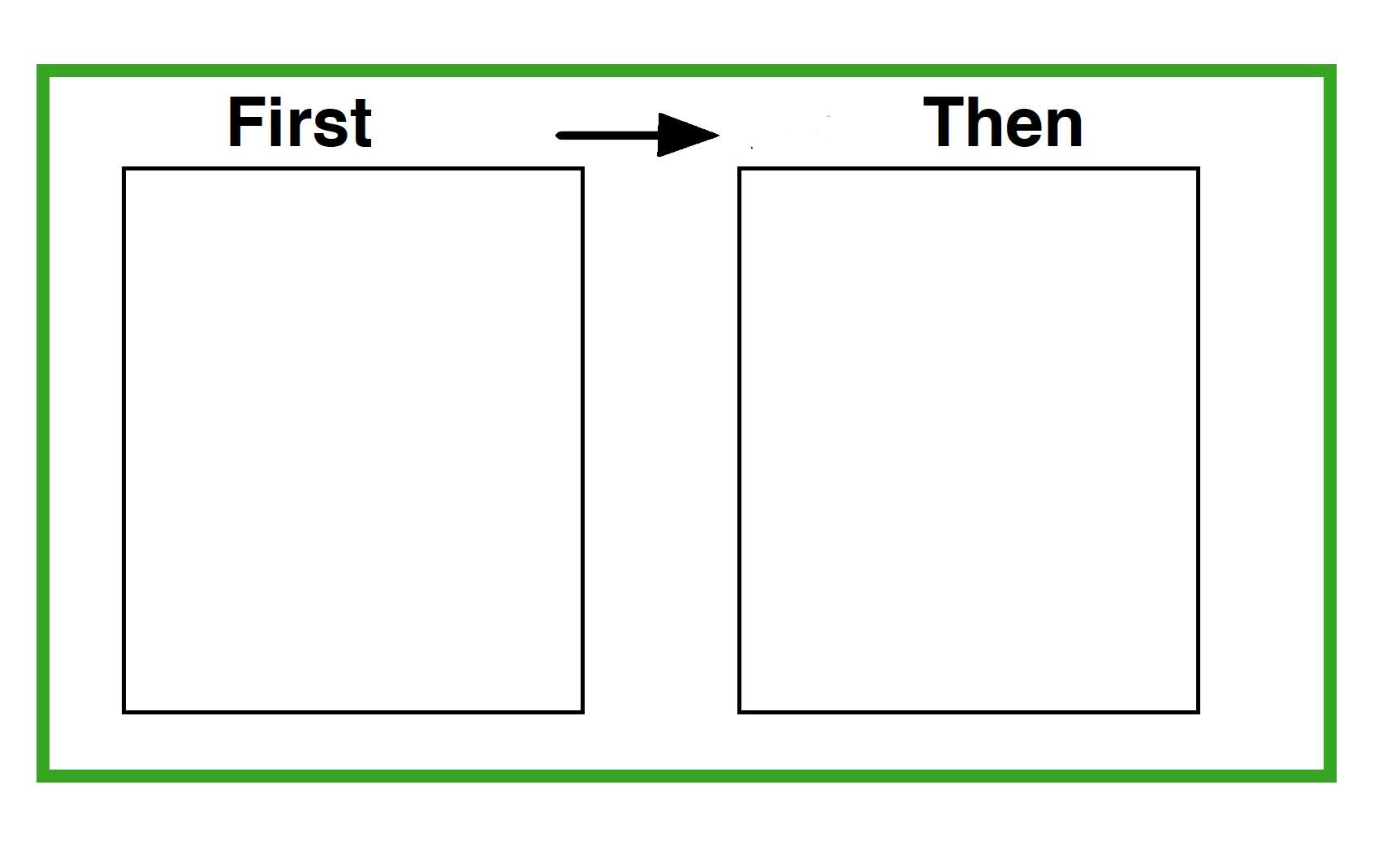
**Emotional Disturbance (ED)**

* Exercise - take walks with your child as a break.
* Provide your child with reinforcement after they complete a task or assignment (ex: stickers, time to play, a fun activity with you or others, see behavior charts/other behavioral strategies below).
* Chunk tasks into 10-15 minutes of work at a time.
* Use a timer to show how much time the child has left to work. You can use your timer on your phone, a kitchen timer, etc.
* Practice deep breathing and “belly breathing” to reduce stress and anxiety.
* Set small, easily achievable goals.
* Create a To-Do List for assignments or tasks and encourage the child to cross off items as they are complete to provide a sense of accomplishment.
* Use genuine and frequent praise to motivate and encourage compliance to activities.
* Allow the child the opportunity to choose the order in which to complete tasks or intersperse challenging tasks with easier tasks.
* Visual Schedule/Checklist (sample provided - *Figure 1*)
* First-Then Chart (sample provided with pictures - *Figures 2 & 3*)
* Behavior Star Chart (sample provided - *Figure 4*)
* Behavior Awareness Cards (sample provided - *Figure 5*)
* Break Card (sample provided - *Figure 6*)

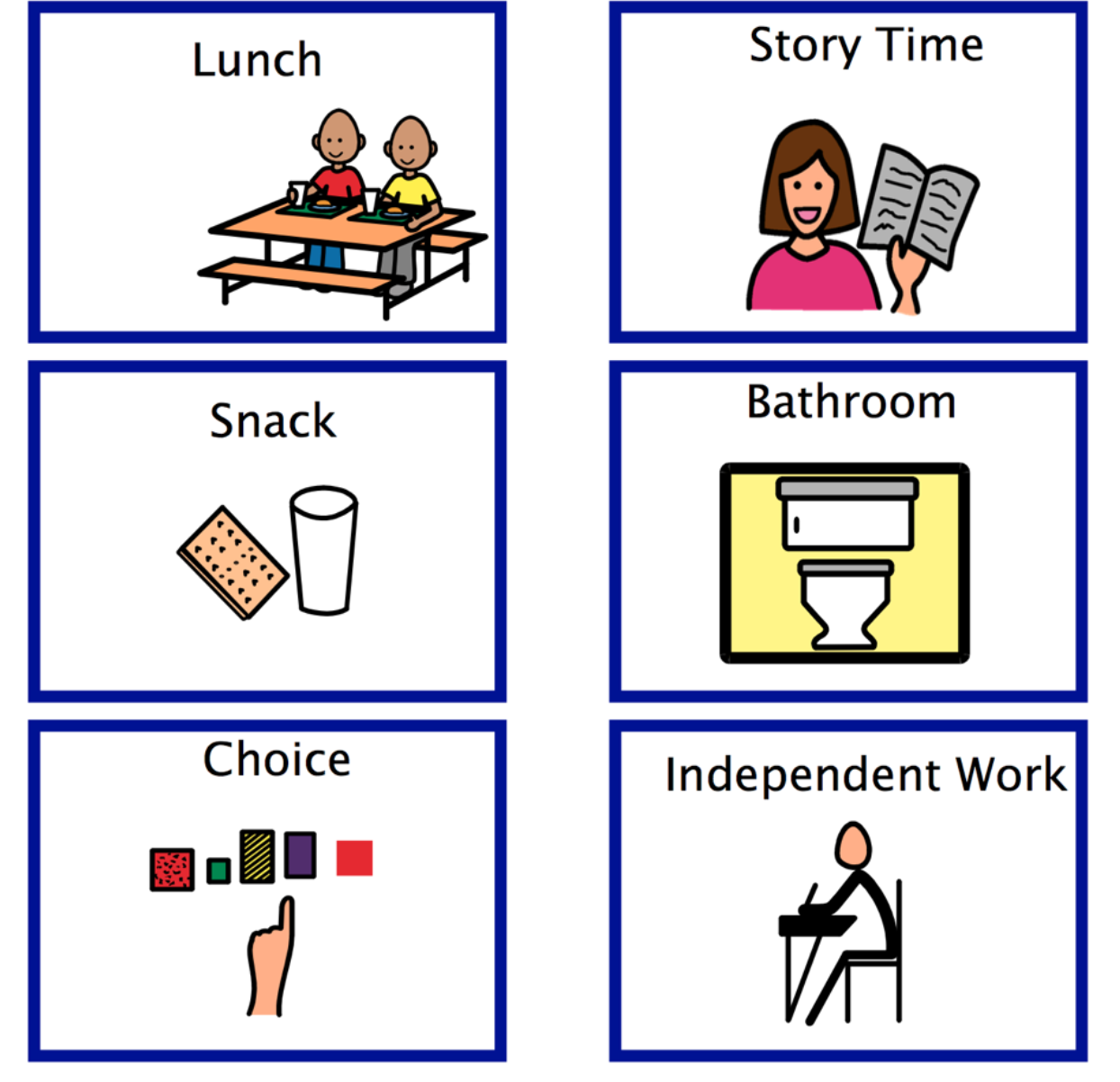
*Figure 1.* Sample Visual Schedule/Checklist

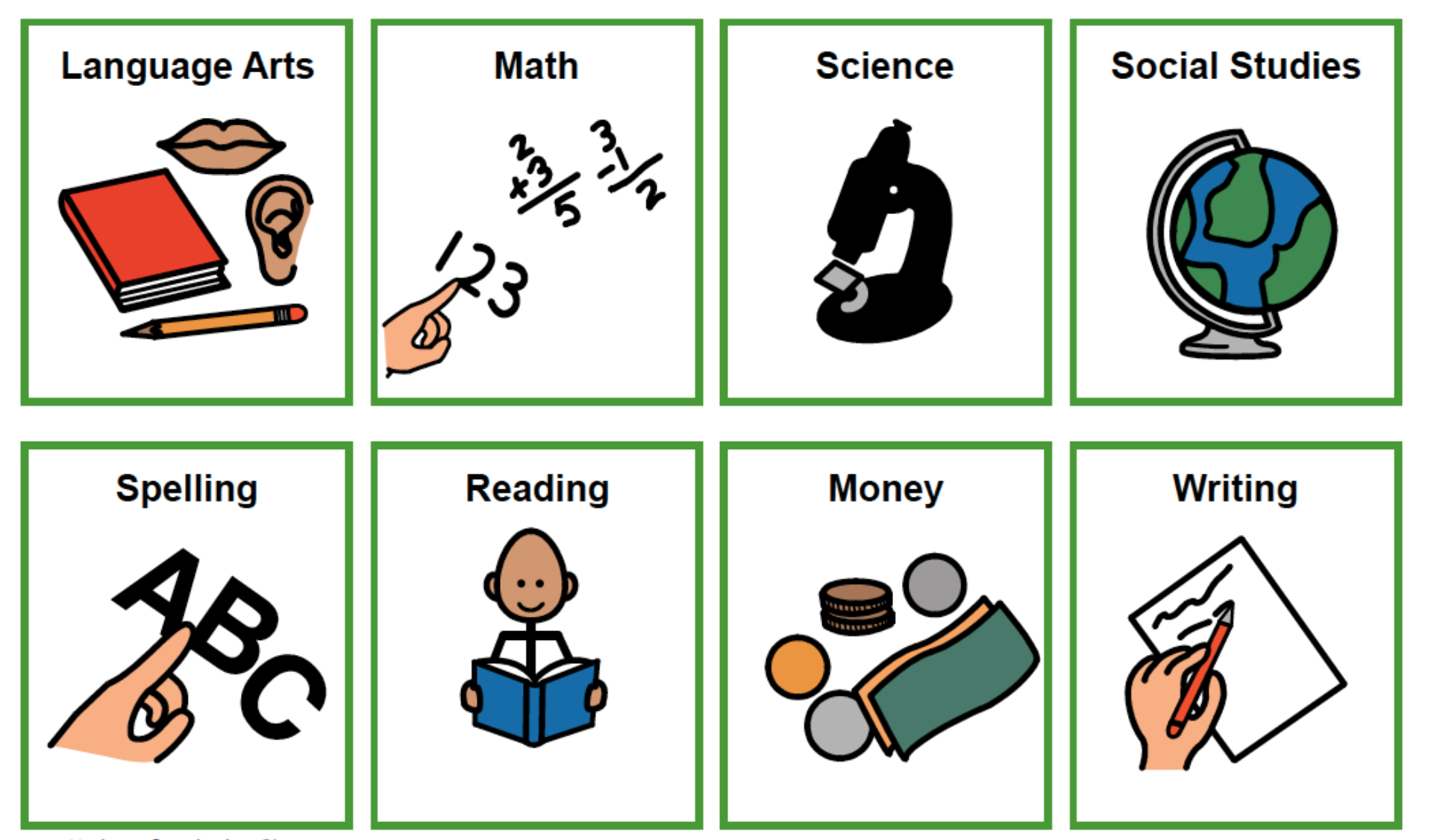


*Figure 2*. Sample First-Then Chart

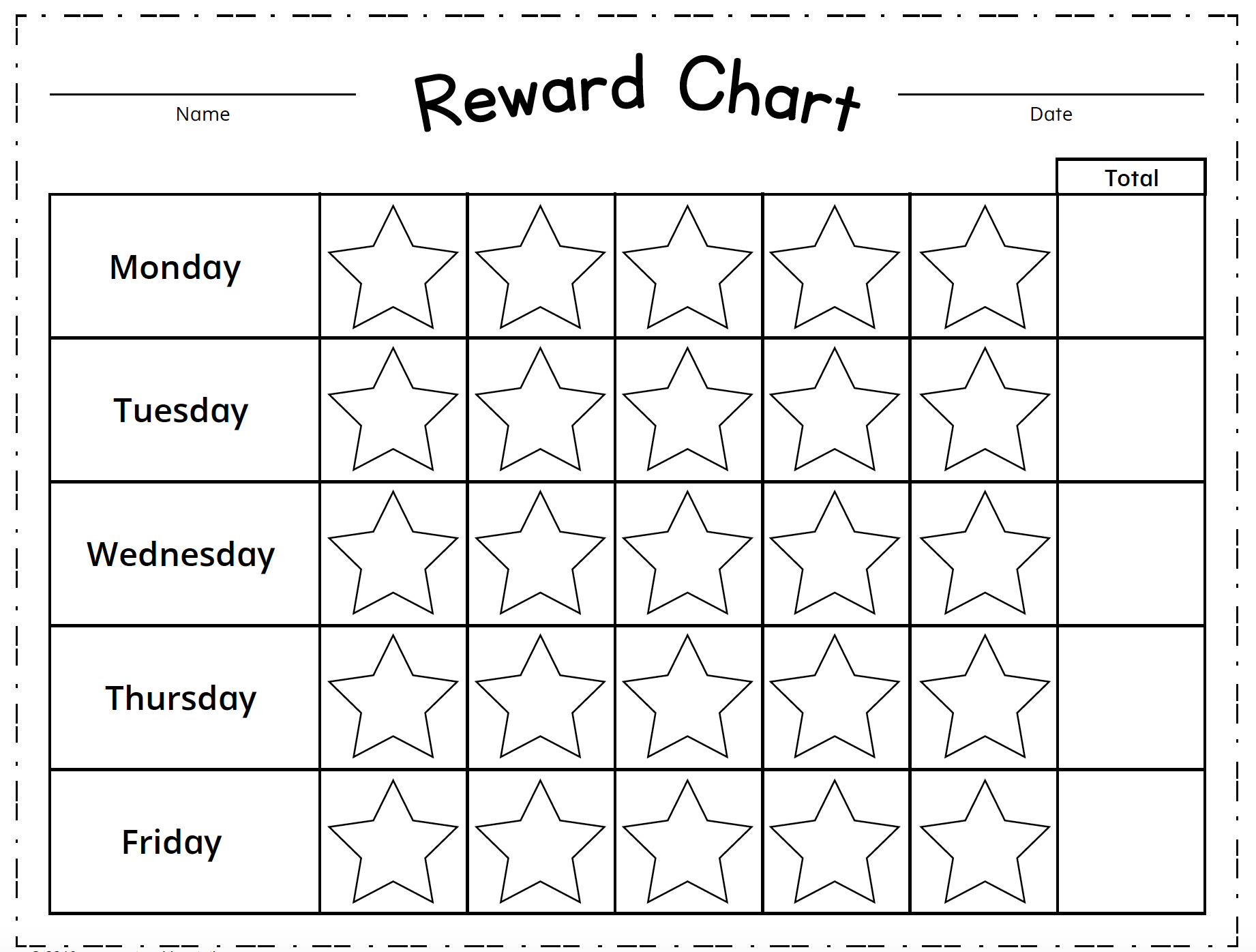


*Figure 3.* Images for First-Then Chart





*Figure 4*. Sample Behavior Star Chart



*Figure 5.* Sample Behavior Awareness Cards



*Figure 6.* Sample Break Card

