## Skills

### Skills and Language to Remember

<table>
<thead>
<tr>
<th>Visual Reminders to Display</th>
<th>Month to Implement</th>
</tr>
</thead>
</table>
| **Composure:** Be a S.T.A.R. Program  
  • Active calming  
  • Downloading  
  • “Breathe with me, you can handle this.” | |
| **Encouragement:**  
  • “Good for you. You did it! You ___.”  
  (Instead of good job.)  
  • “You ___ so ___. That was helpful.”  
  (Instead of “Thank you” or “I like the way ___.”’) | |
| **Assertiveness:**  
  • “Did you like it?”  
  • Telling children what to do.  
  (Instead of “Don’t ___.”’) | |
| **Choices:**  
  • “You may ___ or ___. Which do you choose/Which one works best for you?” | |
| **Positive Intent:**  
  • “You wanted ___.”  
  • “You were hoping ___.”  
  (Instead of why, what, who?) | |
| **Empathy:**  
  • “Your face went like this.”  
  • “You seem ___.”  
  • “It’s hard when ___ happens.” | |
| **Consequences:**  
  • “If you choose to _____ then _____.”  
  (Logical consequences)  
  • Problem-solving  
  • Class Meetings | |