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May

Resources



Quick and Easy Behavior Interventions



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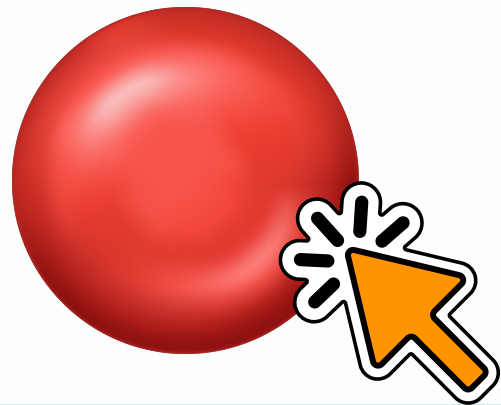
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Wait and Think

The Wait and Think Strategy is a straightforward rule: Stop and pause before you quickly act or speak. Instead of just reacting immediately, you take a moment to think about your options and decide on the best choice.

This simple habit helps children build self-control and patience, which makes them more successful in school, sports, and making friends.

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How:

- Play games that require waiting (e.g. “Red Light, Green Light”)
- Teach and practice a “Stop and Think” signal.
- Use delayed gratification (e.g. earning a reward later)

Resources and Tools

- Games and activities requiring patience
- Use “Stop and Think” visual cues
- Reward Chart System

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Additional Resources

- Suffolk Public Schools-Parent Help Center

CHKD Parenting Resources

- Western Tidewater Community Services Board

