

Positive Behaviour Support and Trauma-Informed Practice

Phase 3 Module 1

Teaching Self regulation, and using sensory supports

A ladder of skills

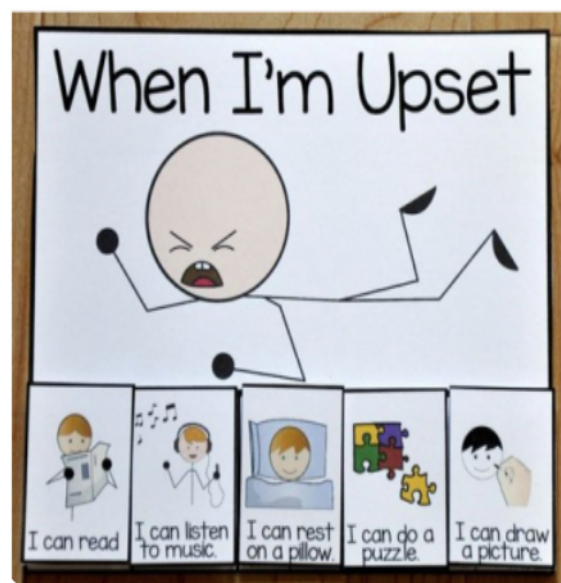
Skills children need to be successful at Self-Regulation
1
2
3
4
5



STOP and Choose (teach a better way)

A resource: The Turtle story

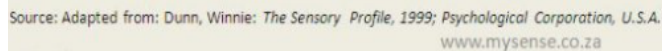
https://iod.unh.edu/sites/default/files/media/Project_Page_Resources/PBIS/a5_handout_tucker-turtle-takes-time_muscott.pdf



Sharing practice with parents

Choosing and Using Sensory supports to help children with Self-Regulation

Sensory Profile Quadrants:



Neurological Threshold Continuum	Behavioral Response Continuum	
	Acting in ACCORDANCE With Threshold	Acting to COUNTERACT Threshold
HIGH (habituation)	Poor Registration	Sensation Seeking
LOW (sensitization)	Sensitivity to Stimuli	Sensation Avoiding