

## Behavior

### How It Feels:

What it feels like to have Borderline Personality Disorder

<https://youtu.be/BXWk6h3A0Bw>

### For Teachers and Parents to Understand and Learn:

ODD- <https://youtu.be/bG6XQwflyXs>

ODD Exercises that may help: <https://youtu.be/DDyPpqVJZfM>

Anxiety and Depression- see anxiety page

Anxiety and Depression Exercises that may help: <https://youtu.be/NMADAhakmyU>

Bipolar and Mood Disorders- <https://youtu.be/l9gveicVrts>

Bipolar Disorder Exercises that may help: <https://youtu.be/iMhToYSexl4>

Mood Disorder Exercises that may help: <https://youtu.be/Sh2m8v4XM7g>

Anger Management Exercises that may help: [https://youtu.be/Q0-\\_LmYj9Ss](https://youtu.be/Q0-_LmYj9Ss)

### Helpful Links:

- **Project STAY and TASN** provide trainings across the state of Kansas as well as direct, hands-on consultation to schools/students and coops in their consortium/area. The KSDE grant funds make this possible.

[http://www.projectstay.com/resources\\_and\\_tools.shtml](http://www.projectstay.com/resources_and_tools.shtml)

<http://ksdetasn.org/cms/index.php/current-providers/2-features/91>

- **Kids Mental Health:** This website focuses on cognitive behavior therapy for various disorders in children.

<http://www.kidsmentalhealth.org>

- **Parenting for Brain:** This website offers various strategies on how to discipline your child with Oppositional Defiant Disorder.

<https://www.parentingforbrain.com/oppositional-defiant-disorder-strategies>

- **Intervention Central** School-Wide Strategies for Managing Defiant Behavior

<http://www.interventioncentral.org/behavioral-interventions/challenging-students/school-wide-strategies-managing-defiance-non-complianc>

- **Child Behavior Guide** Compliance Strategies for Defiant Children  
<http://www.child-behavior-guide.com/defiant-children.html>
- **Free ABA Resources** Teaching children to breathe provides them with a simple but effective strate  
<http://www.iloveaba.com/p/free-resources.html>

### Activities and Strategies:

- **Calming Breathing Exercise for Kids**  
<http://www.pbs.org/parents/adventures-in-learning/2015/09/calming-breathing-exercise-for-kids/>
- **Choices** helps students develop the skills and awareness they need to make wise choices and to think through the consequences of their actions.  
<http://www.tomsnyder.com/products/product.asp?SKU=chocho>
- **School Rules** provides award winning social skill software curriculum on the hidden curriculum in schools as well as great apps & videos.  
<http://www.socialskillbuilder.com>
- **Article** on how to use **SketchUp** a captivating program for people with autism in the classroom.  
<http://www.newsweek.com/id/179952>
- **KQED News Mind/Shift** 20 Tips to Help De-escalate Interactions with Anxious or Defiant Students  
<https://ww2.kqed.org/mindshift/2016/04/21/20-tips-to-help-de-escalate-interactions-with-anxious-or-defiant-students/>
- **Breathe Easy** Teaching children to breathe provides them with a simple but effective strategy for slowing down, both mentally and physically, helping them to take notice of how they're feeling and to relax or calm down in the face of overwhelming emotions.  
<https://childhood101.com/fun-breathing-exercises-for-kids/>
- **Success Stories** are personalizable children's books. Customize the illustrations to the child's appearance based on gender, hair style and color, eye color, skin tone, glasses, and method of communication. Alter the text to personalize the

story's content. These fun and engaging children's books make every child feel special.  
<http://www.sandbox-learning.com/?gclid=CMjm3-f4jdlCFRC4wAodluELOA>

- **Kansas ASD** provides a bank of Social Narratives for professionals to draw from.  
<http://www.kansasasd.com/socialnarratives.php>

### **Brain Break Videos:**

- **Jammin Minutes** provides a ton of free videos created by teachers and students which are typically 1-3 minutes and even offer a healthy tip at the end.  
[https://www.youtube.com/results?search\\_query=jammin+minutes](https://www.youtube.com/results?search_query=jammin+minutes)
- **Gonoodle** has tons of brain break videos all together in one spot as well as breathing and zumba videos. You have to make an account but it is free.  
[Gonoodle.com](http://Gonoodle.com)
- **Koo koo kangaroo** videos definitely make you move.  
<http://kookookangaroo.com/videos/>

### **Resources Available At Our Center For Checkout:**

- Behavior Management Strategies
- Michelle Garcia Winner Books and Curriculum
- Positive Behavior Supports
- 5 Point Scale
- Zones of Regulation
- Point To Happy
- Thinking About You Thinking About Me
- Social Skill Lessons For Elementary Through High School
- Should I or Shouldn't I Game (Elementary and Middle School Version)
- Behavior Intervention Plans
- Encyclopedia of Behavior Management
- Behavior Management by John W. Maag, Ph.D.
- From Defiance to Cooperation by John F. Taylor, Ph.D.
- Conscious Discipline
- Love and Logic
- The 5 Love Languages