

Paisley Panther Strategies

Agreements



1. Mutual Respect
2. Attentive Listening
3. Show Appreciation/ No Put downs
4. Right to Participate/Right to Pass

Don't forget the agreements.

- 1) Was that showing mutual respect?
- 2) Was that 'attentive listening'?
- 3) Were you following 'no put downs'?
- 4) Did you use the right pass?

What can you do to fix the problem?
Suggest a strategy.

ZONES

It seems like you are in the _____ Zone. (Do they respond?)

How can I help you get to Green?

Or

Let's try ___(strategy)___ for a few minutes.

(Then check in)

Are you in the green and feeling ready to Learn/Play/Listen...

What Zone Are You In?			
Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control



Did you use your WITS?

What did you try?

What about trying _____(WITS strategy)_____?

AT HOME CONNECTIONS:

The agreements help us have good relationships

-Use the colour zones when talking about feelings

-Ask your child about the 'Crumpled Heart' and how we need to THINK before we speak. E.g. "We don't want to crumple anyone's heart since SORRY is only like a bandaid"

-Sibling and friend issues can often be solved using our WITS strategies