

## **Key Words and Phrases for Behavioral Skills Group**

### **Social Skills and Impulse Regulation**

- **“Make me feel important”**- cue phrase to get eye contact when interacting with your child. Can be used to prompt your child to look at someone else (for example, “make your grandmother feel important”).
- **“Yes ma’am”**- Right fist goes up and down (the sign for “yes”) and then left fist “connects to it” (yes ma’am train) as a prompt for “yes ma’am”). MAY NOT BE NEEDED IN SAN ANTONIO!!
- **“Follow my point”** while pointing to give a prompt for a direction (for example, say “follow my point AND get the toy truck” while pointing at the truck. The prompt helps with understanding of what is expected.
- **“Pause”** (“FREEZE” is the cue word to immediately stop activity and put materials down. Or stop when walking or running anywhere. Helps with transitions
- **“Switch”** is the cue word to give toy to another child and get a different one (we do not use share, because sometimes when you “share” you do not get the item back (for example, sharing French fries with someone, you do not get those fries back”).
- **“Still body”**- is the cue for placing your hands on your knees and not moving when sitting criss-cross; cue for hands at your side and not moving when standing.
- **“Turtle in”**- cue for “calming down” after being excited; involves a deep breath in, moving shoulders up and in, and deep breath out (1 time)- I model it as I say it—we did lots of practice with it (getting silly, turtle in; switch toys and be upset, turtle in; come to your spot on my mat and turtle in).
- **“Serious face”**- a cue to convey a statement is important and/or time for silly behavior to stop; pair with bringing hand in circular motion in front of face and stating, “this is my serious face, time to “stop and listen”.
- **Volume Scale-**
  - o Volume 1- No talking (I usually bring my finger to my mouth in the universal sign for “be quiet”
  - o Volume 2- whisper
  - o Volume 3- regular talking voice
  - o Volume 4- loud or fun voice, like we would use in play outside
  - o Volume 5- for emergencies—we do not practice as it is ONLY for emergencies
- **Waiting**= cannot have what you want right away; handle it.
- **Adapt**- there is a change; you handle it; you do something else.
- **Another child takes toys**- Ask them 2 times to give back AND then 1) pick another toy OR get grown up to help