

Kid-Facing Printables

Pages your child fills in, holds, or hangs on the wall.

10 PRINTABLE PAGES IN THIS KIT

The Behavior GPS Method™ — the 4 moves on every page

1. SPOT THE CLUE — What is the behavior telling you?
2. NAME THE NEED — Say the need out loud before the rule.
3. RUN MONAE'S 3 STEPS — Stop. Breathe. Say what I need.
4. TRACK THE CHANGE — Write what happened. That is your proof.

How to use this kit

- Print it. Do not read all of it tonight.
- Pick the ONE page that matches tonight.
- Put that page on the fridge.
- I DO: you model it. WE DO: you practice it together on a calm day.
- YOU DO: your child tries it alone. Use one page for a week.

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My calm plan (kid fills in)

They pick their own tools, so they use them.

DO THIS

1. When I get upset, my body feels: _____
2. Three things that help me: 1) ____ 2) ____ 3) ____
3. My calm spot is: _____
4. My grown-up can help by: _____
5. My signal for 'I need a break' is: _____

SAY THIS

"You are the boss of your plan. I just help."

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

PRACTICE IT ON A CALM DAY

I DO: I show you. I say the 3 steps out loud.

WE DO: We do the 3 steps together, slow.

YOU DO: You try the 3 steps on your own.

Feelings faces poster

Name it to tame it.

DO THIS

1. Point to the face that matches how you feel.
2. Happy — Sad — Mad — Scared — Tired — Too full.
3. Practice at breakfast when nothing is wrong.
4. Grown-ups point to their face too.
5. No face is a bad face.

SAY THIS

“Which face is you right now?”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

PRACTICE IT ON A CALM DAY

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Choice cards

Give control in a way you can live with.

DO THIS

1. Cut out the cards and keep six in your pocket.
2. Offer exactly two at a time.
3. Both choices must be fine with you.
4. Wait ten seconds for an answer.
5. If they do not pick, you pick and stay kind.

SAY THIS

“This one or this one?”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

PRACTICE IT ON A CALM DAY

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YOU DO: You try the 3 steps on your own.

“Ask for a break” card

A way out that is not a meltdown.

DO THIS

1. Print two cards — one for home, one for the backpack.
2. Teach it when calm: hand the card, get the break.
3. Always honor the card the first ten times.
4. The break is two minutes, then back.
5. Tell the teacher the same rules.

SAY THIS

“You handed me the card. Take your two minutes.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

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YOU DO: You try the 3 steps on your own.

Coping skills wheel

Spin, pick, try — no thinking required.

DO THIS

1. Color in the eight sections with your child.
2. Fill in tools they already like.
3. Spin with a paperclip and a pencil.
4. Try whatever it lands on for one minute.
5. Cross out what does not work and replace it.

SAY THIS

“Let's let the wheel pick.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

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My body clues page

Hot face, tight fists — your child learns the signs.

DO THIS

1. Circle where you feel it: head, chest, belly, hands, legs.
2. Draw what your mad body looks like.
3. Write your number-one clue at the top.
4. Show a grown-up your clue.
5. When you see your clue, do your first tool.

SAY THIS

“When your fists get tight, that is your clue.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

PRACTICE IT ON A CALM DAY

I DO: I show you. I say the 3 steps out loud.

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YOU DO: You try the 3 steps on your own.

Reward menu

Rewards they actually want.

DO THIS

1. Ask your child for ten ideas. Write them all down.
2. Cross out anything you cannot give.
3. Sort into small (daily) and big (weekly).
4. Post the menu where they can see it.
5. Deliver the reward the same day it is earned.

SAY THIS

“You earned a small one. What are you picking?”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

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YOU DO: You try the 3 steps on your own.

Social story: hard moments

Read it before the moment, not during.

DO THIS

1. Sometimes my body gets big feelings. That happens to everybody.
2. When it happens, I can Stop, Breathe, and Say What I Need.
3. My grown-up will stay with me. I am not in trouble.
4. When I am calm, we fix it together.
5. I am learning. Every time gets a little easier.

SAY THIS

Read it once a day for a week, at a calm time.

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

PRACTICE IT ON A CALM DAY

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YOU DO: You try the 3 steps on your own.

Social story: new places

Preview the day and cut the surprise.

DO THIS

1. Today we are going to _____.
2. It might be loud, or busy, or new.
3. I can bring _____ with me.
4. If it gets too big, I can say “I need a break.”
5. We will leave at _____ and then we go home.

SAY THIS

Read it in the car before you walk in.

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

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My wins page

Proof to your child that they are growing.

DO THIS

1. Write or draw one win each day.
2. A win can be tiny. Trying counts.
3. Grown-ups add wins they noticed.
4. Read the page out loud on Sunday.
5. Keep the pages. Look back in a month.

SAY THIS

“Look how many. That is you getting stronger.”

1 STOP

Hands still. Feet still.

2 BREATHE

In through the nose, out slow.

3 SAY WHAT I NEED

Use your words, not your body.

PRACTICE IT ON A CALM DAY

I DO: I show you. I say the 3 steps out loud.

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