

Life Disruptions

When the routine breaks, you still have a plan.

6 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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Storm & disaster plan

Before, during, after — with a sensory go bag.

DO THIS

1. BEFORE: pack headphones, comfort item, snacks, flashlight, meds.
2. BEFORE: tell your child what will happen in three simple steps.
3. DURING: keep one routine alive — usually bedtime.
4. DURING: give jobs. A job lowers fear.
5. AFTER: expect behavior to spike for a week. Go gentle.

SAY THIS

“The storm is loud. We are safe inside.”
“Your job is holding the flashlight.”

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.

Extended power outage routine

Days without power, still with structure.

DO THIS

1. Write the day's three anchors on paper: morning, lunch, night.
2. Keep meal times the same even if the food is cold.
3. Give light early — dark comes fast without power.
4. Replace screens with one repeatable game.
5. Keep bedtime exactly the same.

SAY THIS

“No lights, same plan. Look at our paper schedule.”

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.

Travel & vacation plan

Airports, hotels and long car rides.

DO THIS

1. Show pictures of where you are going, three days before.
2. Pack the sensory bag in the carry-on, not the suitcase.
3. Plan a break every two hours, on purpose.
4. First night: run the home bedtime routine exactly.
5. Build in one nothing-day. Do not stack the trip.

SAY THIS

“First the plane, then the hotel, then the pool.”

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.

Moving / new home plan

Help your child settle into a new room.

DO THIS

1. Pack their room last and unpack it first.
2. Set the bed up the same way it was before.
3. Walk the new house together and name each room.
4. Keep bedtime and meals identical for two weeks.
5. Expect a hard month. It is not a setback.

SAY THIS

“Your room comes with us. Same bed, same bear.”

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.

Hospital & doctor visit plan

Waiting rooms, shots and strangers.

DO THIS

1. Tell the truth about what will happen, in simple words.
2. Bring headphones, a snack and something to hold.
3. Ask for the first or last appointment of the day.
4. Tell the staff one sentence about what your child needs.
5. Plan a quiet hour after. Do not schedule anything else.

SAY THIS

"The shot will hurt for three seconds. I will hold your hand."

"He does better if you explain before you touch him."

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.

Schedule-change reset plan

Snow days, sick days, substitute teachers.

DO THIS

1. Tell your child as early as you know.
2. Write the new plan on paper where they can see it.
3. Keep the two anchors that matter most: meals and bedtime.
4. Name the change out loud: "Today is different."
5. Expect a harder evening and lower your demands.

SAY THIS

"Today is a different day. Here is our new plan."

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.