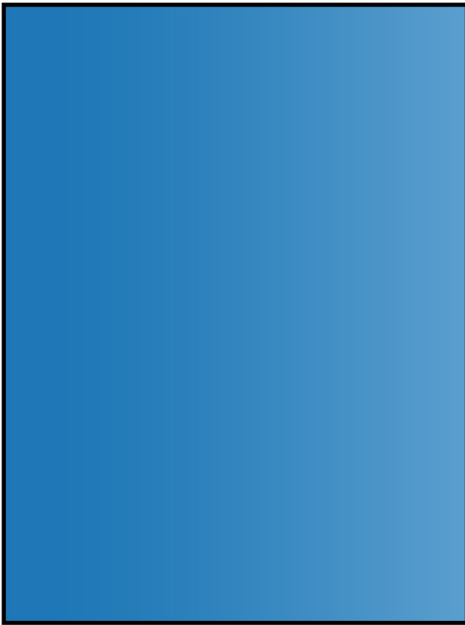


No more

Meltdowns



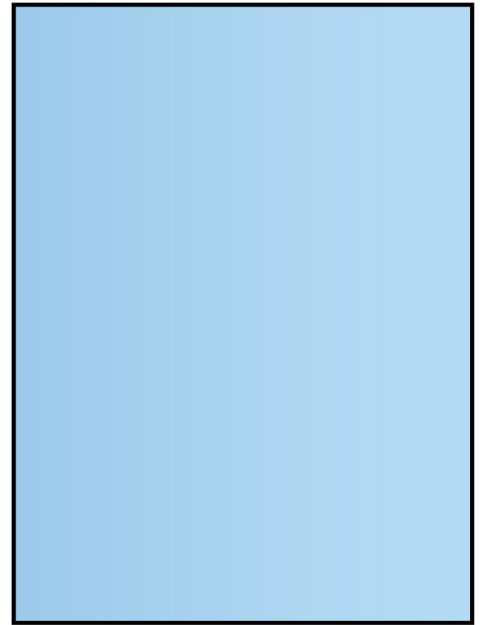
Early Morning

6am 7am 8am



Late Morning

9am 10am 11am



Early Afternoon

12pm 1pm 2pm



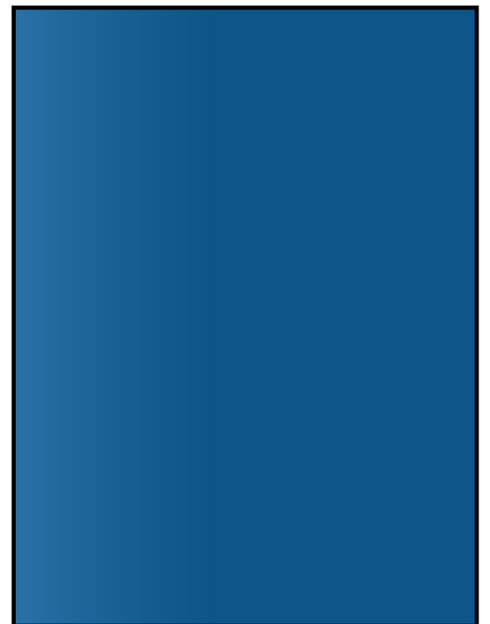
Late Afternoon

3pm 4pm 5pm



Early Evening

6pm 7pm 8pm



Late Evening

9pm 10pm 11pm

No more Meltdowns

No More Meltdowns is a one-on-one activity, for a child and a parent/facilitator.

- 1) The child is asked to pick the cards with the graphic that most closely represents how he felt at various points during the day, and to place them on the weather chart board spaces. This creates a visual chronology of the child's emotional day.
- 2) The facilitator asks a Who/What/Where/Why/How/When question about the worst time of day. For example: Who caused it? What happened to cause the frustration? Why was that time bad? These types of questions will help the child understand the conditions that lead up to the episode.
- 3) The facilitator asks the child to pick the card that best represents how he feels right at that moment. The facilitator then asks about a change in the weather. In other words, what can be done to make the "weather" better tomorrow?
- 4) As the parent/facilitator begins to see patterns in behavior, it will be possible to anticipate meltdowns and alter the child's schedule and/or environment to avoid them before they start.



No more Meltdowns Bookmark

Cut out bookmark and fold down the center and glue or tape the two sides together, or use flat.



To use the No More Meltdown bookmark:

At any point during the day a child can be asked to describe how he/she feels by simply pointing to the appropriate box.

No more Meltdowns	No more Meltdowns
How are you feeling <u>right now</u>?	How are you feeling <u>right now</u>?
10  Very Happy	5  Unhappy
9  Happy	4  Very Unhappy
8  A Little Happy	3  Angry
7  Okay	2  Very Angry
6  A Little Unhappy	1  Ready For Meltdown