

Using a M.A.P Leads to Safety

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POWER

Attention

SKILL

Assertiveness

STRUCTURES

- M.A.P.
- Brain Smart® Start

To get to where you're going use a M.A.P.

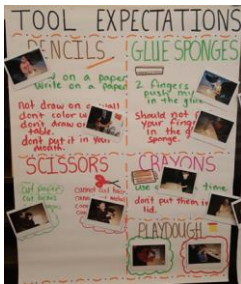
M = **M**odel the behavior, routine or procedure you want to see.

A = **A**dd visuals to SHOW children what expectations look like.

P = **P**practice, practice, practice!

WEEKS 1- 6: Using M.A.P. Leads to Safety

Adult Goal: Support safety using the M.A.P. process.



- Teach routines with visual schedules.
- Think about other places at school that can be chaotic.
- Create agreements for each of these locations.
- Create books or posters with visuals to support success.
- Practice, practice, practice!
 - Each week:
 1. Teach one of the four main breathing techniques.
 2. Introduce S. T. A. R. Breathing Helper Job and Cubes.
 3. Teach a new *I Love You Ritual*™ or “Brain Poem” connecting activity.

WEEK 1: Establishing Safety with Structure First with Visual Schedules

Adult Goal: Provide children with a sense of safety through predictability.

- Create visuals for arrival routine
- Younger child = fewer steps



WEEK 2: Introducing the Brain Smart Start

Adult Goal: Giving children tools to change their brain states for optimal learning.

- Continue to remind children how the Brain Smart Start helps organize their brains for optimal learning.
- Begin by teaching children the reason for and components of the Brain Smart Start
- Unite: “A Beautiful Day”
- Disengage Stress: Teach S.T.A.R. breathing
- Connect: Greetings
- Commit: I commit to _____

WEEK 3: Commitments

Adult Goal: Shifts from being unconsciously stimulus-driven to becoming a consciously goal-oriented.

- Create commitments daily, weekly, monthly
- Teach the Wish Well process.



WEEK 4: Meaningful Classroom Jobs

Adult Goal: Provides a sense of purpose for each child within the class family.

- Every child will need a job.
- Jobs should be meaningful to each child.
- Create visuals for each job.
- Post class jobs chart where all can see.



WEEK 5: Safe Place

Adult Goal: Giving children a place to learn and practice self-regulation.



- By Week 2 you should start teaching the Feeling Buddies Curriculum.
 - The curriculum is key to the success of the Safe Place.
- Your class may or may not be ready to open the Safe Place at Week 5. That is okay!

Week 6: Conflict Resolution Time Machine and Social Stories

Adult Goal: Provides students with the steps to work through conflict.

- Introduce and practice the Time Machine with students.
- Use social stories to reteach or teach skills
- Use the P.E.A.C.E. Process to set up your class meetings.



Implementation Plan: M. A. P.

M = Model the behavior, routine or procedure you want to see.

What behaviors, routines or procedures will you need to teach at the beginning of the year?

- 1.
- 2.
- 3.
- 4.
- 5.

A = Add visuals to SHOW children what expectations look like.

What routines or procedures could you add visuals to?

- 1.
- 2.
- 3.
- 4.
- 5.

P = Practice, practice, practice!

What routines or procedures will need to be taught repeatedly? Daily? Weekly? After a break?

- 1.
- 2.
- 3.
- 4.
- 5.

Implementation Plan:
Brain Smart® Start

Activity to Unite: Everyone on the same page! What activities can you do in your classroom to unite?

- 1.
- 2.
- 3.
- 4.

Activity to Disengage Stress: Belly Breathing to download calm.

- 1.
- 2.

Activity to Connect: Building impulse control and willingness.

- Eye Contact
- Touch
- Presence
- Playfulness or Playful Situation

- 1.
- 2.

Activity to Commit: Foster ownership and responsibility. Occurs at the beginning of the school day or other times organization is needed.

- 1.
- 2.
- 3.
- 4.