



# PRESCHOOLERS

#1

## PLAY PLANS

Ask open-ended questions and offer choices to help a child think about and plan what he/she will do during open times of the day. Check in regularly to encourage the child to continue, revise, or expand on the plan.

#2

## R&R TIME

Regroup and Reset time. Provide a place and materials that will help a child regain control of emotions, words and actions. When a child is calm, discuss feelings and how to handle such situations differently in the future.

#3

## ENCOURAGEMENT

Describe for a child what is happening or what has happened as a result of his or her words and actions.

#4

## FLOOR TIME

Get down on a child's level - usually by sitting on the floor, and participate in open-ended play and conversation. Follow the child's lead: join in the child's activity and respond to what the child wants to talk about.

#5

## FLIP IT!

FLIP IT! is a strategy that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day-to-day challenging behavior. The four steps are embodied in the FLIP mnemonic, which stands for F-Feelings, L-Limits, I-Inquiries, and P-Prompts.

Source: *Promoting Resilience in Preschoolers Strategy Guide*

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