



## HARD-EASY SCRIPT

**Area of Challenge:** blurting out in class when assignments are given and disrupting class. Making friends and joining groups on recess.

### IDEAS TO CONSIDER:

**Hard/Easy Script-** This is a self regulation script that works amazing with so many kids who struggle with executive functioning tasks and get stuck! Behavior often manifests self in refusal, avoidance, and/or distractibility. ( have any of those???)ha

This self regulation script guides child into figuring out that there is always something that works and they will eventually work through difficulties this way.

### HARD/EASY SCRIPT (for classroom)

After classroom directions, mini lesson or assignment has been passed out, ask... ·

- "Is this going to be **hard or easy?**"
- If answer is **EASY**.....affirm with " Great then get going!!"
- IF answer is **HARD**.....follow up with "Then let's make a plan."

Simply break down assignment or project into 3-4 steps....ie

MAKE A PLAN:

1. Think of topic to write about
  2. Sketch picture of topic
  3. Write paragraph abot topic
  4. Check in with Teacher when done
- Then continue to make small, managable plans with him until it's EASY!
  - Writing down plan makes it tangible and non transient!

### HARD/EASY SCRIPT FOR RECESS

- Ask, " So do you have someone in mind to play with on recess today and what do you want to play?"
- Wait for answer....followed by, "Is that going to be **hard or easy?**"
- If answer is EASY...." Great hope it works out and have fun!"
- If answer is HARD...." Then let's make a plan."
  - Ask\_\_\_\_\_ before recess if he wants to swing
  - If he says yes then go swing!
  - If the says no then ask new friend or go swing by myself

Feeney, T., & Ylvisaker, M. (2007, in press). Context-sensitive behavioral supports for young children with TBI: A second replication study. *Journal of Positive Behavior Interventions*,

Links: [http://www.projectlearn.net/tutorials/sr\\_ef\\_routines.html](http://www.projectlearn.net/tutorials/sr_ef_routines.html)

