

Behavior Support Keyring Cards Instructions

1. Print the cards on cardstock or regular paper.
2. Cut out each of the cards.
3. Put the picture and matching text back-to-back.
4. Laminate the cards.
5. Cut out the laminated cards.
6. Punch a hole in the left-top corner of each card and attach them to a book ring.

How to Use the Cards

1. Pick one area to focus on at a time.
2. Introduce the card and read the text to the child. Talk about it and read the text again.
3. After the child is familiar with the card, review the card daily **before** the behavior you are targeting occurs, **not during** problem behavior. For example: Review the Food Rule before meals, the Danger Rule before going out, the Patience Rule before having to wait in line, etc.
7. If an incident occurs, simply point to the picture, and help the child through the upset.
8. Make sure the child has completely calmed down and won't escalate again before reviewing the rule again as a reminder of expected future behavior.
9. **BONUS:** Stop and Go signs can be cut out, laminated, and attached back-to-back to a straw to play "Stop/Go" games, to help practice following safety directions.

A close-up photograph showing a hand holding a red eraser over the word "MISTAKE" written in black ink on a white surface. The eraser is positioned over the letter 'M', and there are small red marks on the paper around it, suggesting it has just been used. The word "MISTAKE" is written in a bold, sans-serif font and is slightly tilted upwards to the right.

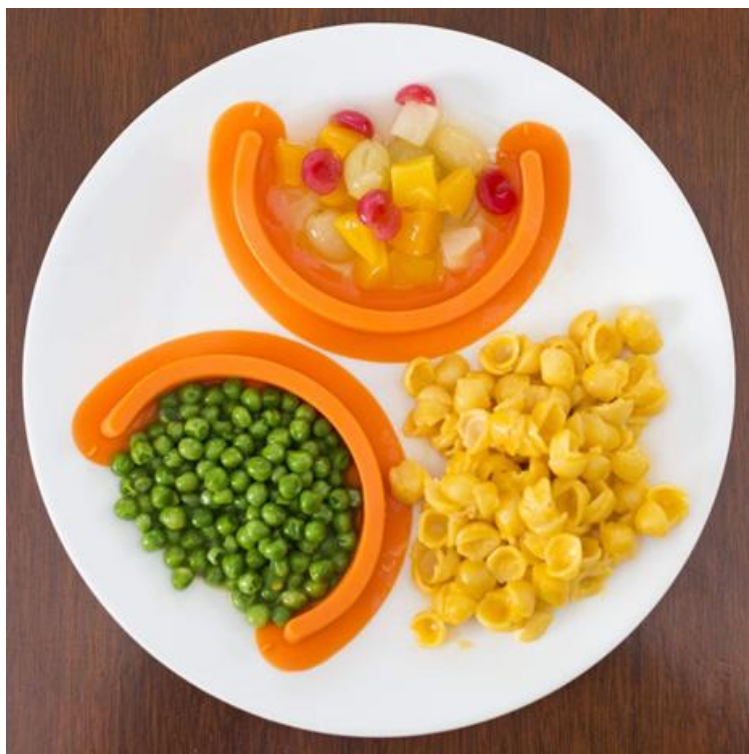
MISTAKE

MISTAKE RULE

Everyone makes mistakes.

That is OK!

If I make a mistake when doing my work, I can tell my teacher and they will help me move on.



FOOD RULE

Sometimes different foods will run into one another on the same plate.

That is OK!

If one of my foods touches another food, I can tell my teacher and they will fix it.



PATIENCE RULE

Being patient means waiting quietly.

Sometimes things take a long time.

When this happens, it takes patience.

Being patient is nice!

When I stand in line or wait for something, I can:

- Play with my fidget toy.
- Count quietly.
- Wiggle my fingers.



DANGER

DANGER RULE

DANGER means you can get hurt!

There are many ways people can get hurt.

When people are hurt, they must go to the hospital, and they are sad.

Getting hurt is bad!

If a grown-up tells me that something is “dangerous,” I should listen and follow the rules, so I don’t get hurt.



“FUNNY FEELING” RULE

Sometimes things can feel funny.

That is OK!

If I don't like the way something feels, I can squeeze my silly balloon until I feel better.



