

# Cohesive Teams

## Explore Different Perspectives: The Challenge: Drinking/Eating Snack

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<p><b>Try it and eat it</b></p>	<p><b>Middle Ground:</b>  <b>What are some strategies that maximize the advantages and minimize the disadvantages?</b></p>	<p><b>Eat what you want, no pressure</b></p>
<p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>● Know they get it, good nutrition</li> <li>● Not spilling</li> <li>● Clear expectations</li> <li>● Try new foods</li> <li>● Consistent</li> <li>● Not hangry</li> <li>● Might like it</li> <li>● Encourages</li> </ul>	<ul style="list-style-type: none"> <li>● Prioritize one or the other</li> <li>● Encourage without pressure</li> <li>● Have it available</li> <li>● Model it - Yum!</li> <li>● Make it fun</li> <li>● All do it - let it go</li> <li>● Share experience</li> <li>● Mix it up</li> <li>● Not mix</li> </ul>	<p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>● Less stress</li> <li>● Promotes autonomy</li> <li>● Learn to understand when full</li> <li>● Self-regulation</li> <li>● Develop trust in themselves</li> <li>● Set boundaries</li> </ul>
<p><b>Disadvantages</b></p> <ul style="list-style-type: none"> <li>● Loss of trust</li> <li>● Kids fight back - power struggles</li> <li>● Creates food aversions</li> <li>● Forced = not likely to eat</li> <li>● Unhealthy food</li> </ul>		<p><b>Disadvantages</b></p> <ul style="list-style-type: none"> <li>● Lack of nutrition</li> <li>● Hungry</li> <li>● Dehydrated</li> <li>● Illness</li> <li>● Needs aren't met</li> <li>● Not enough vitamins</li> </ul>
<p><b>Values</b></p> <ul style="list-style-type: none"> <li>● Use resourceful</li> <li>● Conformity</li> <li>● Committed</li> <li>● Respect</li> <li>● Obedience</li> <li>● Adaption</li> </ul>		<p><b>Values</b></p> <ul style="list-style-type: none"> <li>● Independent</li> <li>● Flexible</li> <li>● Sensitive</li> <li>● Patience</li> <li>● Discerning</li> <li>● Autonomous</li> </ul>

# Cohesive Teams and Family Collaboration

## Explore Different Perspectives: The Challenge: Tantrums

<p><b>Let them just work it out alone. Give them space.</b></p>	<p><b>Middle Ground: What are some strategies that maximize the advantages and minimize the disadvantages?</b></p>	<p><b>Label their feelings, hold them, offer a hug, ask what happened? Supportive response.</b></p>
<p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>• Independency</li> <li>• Autonomy</li> <li>• They might calm down</li> <li>• Self-regulation</li> <li>• A break for the teacher if they are getting frustrated</li> <li>• they are self soothing</li> <li>• Look at other ways to get attention</li> <li>• allows the teacher to rethink how to approach situation</li> <li>• Recover without help</li> <li>• Problem solver</li> </ul>	<ul style="list-style-type: none"> <li>• I'll come back in 5 mins</li> <li>• given the child the option to ask for help or take some time alone.</li> <li>• Let's go to the quiet space and I'll talk to you in a few mins</li> <li>• let the child lead and show you what they need</li> </ul>	<p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>• Can aid in developing self-regulation</li> <li>• Build up emotional competency</li> <li>• children learn feelings</li> <li>• Allowing them to try to use there words or reach out when ready</li> <li>• might defuse the tantrum</li> <li>• Prevent the tantrums escalates</li> <li>• Feel bonded to the child</li> <li>• the child can trust the teacher</li> <li>• child learn about how feeling affect their bodies</li> <li>• learns ways to calm their body</li> </ul>
<p><b>Disadvantages</b></p> <ul style="list-style-type: none"> <li>• Child feels alone</li> <li>• Unseen</li> <li>• Ignored</li> <li>• Not heard</li> <li>• no guidance</li> <li>• More dysregulated</li> <li>• Affects the relationship/connection</li> </ul>		<p><b>Disadvantages</b></p> <ul style="list-style-type: none"> <li>• Lot of time and energy</li> <li>• Takes away from the other children</li> <li>• Child feels alone, ignored and not loved</li> <li>• they come depending on you</li> <li>• negative attention and child might increase tantrums to get that one to one interaction</li> <li>• Could coddle the child and make others jealous</li> <li>• Child will act out more to get the attention</li> </ul>
<p><b>Values</b></p> <ul style="list-style-type: none"> <li>• Independent</li> <li>• Connection?</li> <li>• Capable</li> <li>• Autonomy</li> </ul>		<p><b>Values</b></p> <ul style="list-style-type: none"> <li>• Empathic</li> <li>• Kindness</li> <li>• Attention, caring,</li> <li>• Understanding</li> <li>• Supportive</li> <li>• Humanity</li> <li>• affectionate</li> </ul>

# Cohesive Teams

## Explore Different Perspectives: Walking in a Line

Walking in Line - no CR's, no running, no touching	Middle ground - what is something you could do?	Walking in line - make it fun - run, touch, move how they want, march, games
<p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>● Pretty “picture”</li> <li>● Organized</li> <li>● Easier for teacher to control</li> <li>● Not distracting</li> <li>● Safety</li> <li>● Learning expectations &amp; skills</li> <li>● Self-regulation</li> </ul>	<ul style="list-style-type: none"> <li>● Use which matches</li> <li>● Choose controlled visual</li> <li>● Stand in line - be a ninja</li> <li>● Stand in line - be a train</li> <li>● Hold something</li> <li>● Crawl down hall and washup</li> <li>● One finger on the wall</li> </ul>	<p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>● More interactive</li> <li>● Move / get energy out</li> <li>● Kids make chaos</li> <li>● More attention</li> <li>● Have fun</li> <li>● Higher learning and creativity</li> </ul>
<p><b>Disadvantages</b></p> <ul style="list-style-type: none"> <li>● Higher defiance</li> <li>● More stressful</li> <li>● Don't listen</li> <li>● Greater need for corrections</li> <li>● Higher anger and frustration</li> <li>● Takes longer</li> <li>● Boring</li> </ul>		<p><b>Disadvantages</b></p> <ul style="list-style-type: none"> <li>● More pressure</li> <li>● Loud</li> <li>● Destructive</li> <li>● Kids get hurt</li> <li>● More stress for teachers</li> <li>● Make sure you have the kids</li> <li>● Less organized</li> </ul>
<p><b>Values</b></p> <ul style="list-style-type: none"> <li>● Routine</li> <li>● Perfectionist</li> <li>● Obedient</li> <li>● Conforming</li> </ul>		<p><b>Values</b></p> <ul style="list-style-type: none"> <li>● Independent</li> <li>● Adaptable</li> <li>● Flexible</li> <li>● Connected</li> <li>● Laid back</li> <li>● Active</li> </ul>