

—HERB HEIN, MMSC, CCC-SLP

What are Steps to Take for Helping Children Act in Ways that are Respectful, Empathetic and Cooperative or Easygoing?

1. Name the behaviors you want and show how they connect to and benefit the Home Team
2. Explain what the words and concepts mean. Explain at a level your child will understand.
3. One at a time, choose the specific behavior that you and your child decide together that you want to improve. Improving your child's social behavior can be considered their **Personal Goal**.
4. Model the target behavior
5. Help to make a clear picture of what the whole scene looks like when you all act in this way, and show how it is better than when you don't act in this way
6. Praise and reinforce anyone in the family who shows they are able to think and act in this way.

1	2	3
<i>Name it and Connect it</i>	<i>Explain it</i>	<i>Choose it</i>
4	5	6
<i>Model it</i>	<i>Picture it</i>	<i>Reinforce it</i>

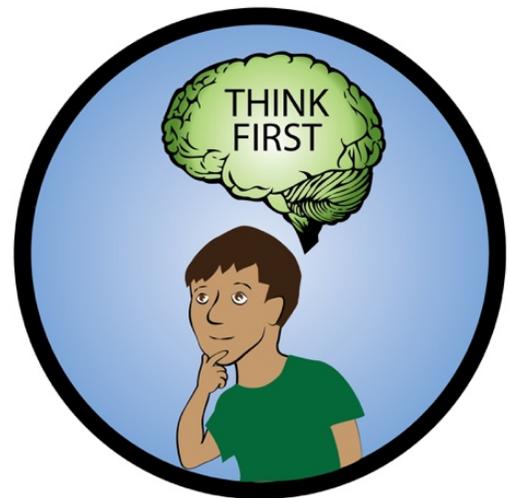
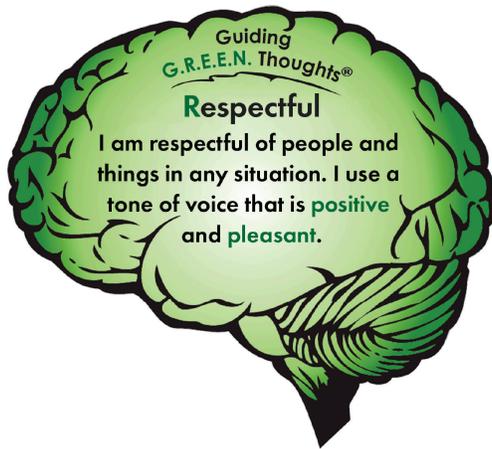
Focus on the **positive** instead of the **negative!**
The more we take the time to name and notice targeted **positive** behavior, the more it will be repeated.

After modeling a **positive** behavior ourselves, and explaining why that **positive** behavior benefits the Team, the more likely the child will demonstrate that behavior too.

From the “Learning to Respectfully Respond to Others” chapter of the InterActive Lesson Book:

What does it mean to be **Respectful**?

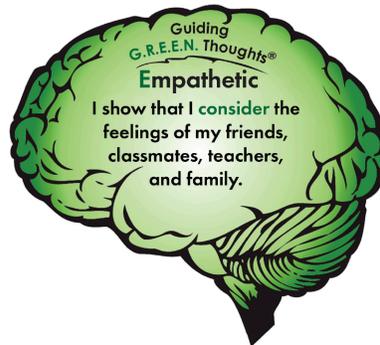
When you are **respectful**, you **pay attention to people** when they are talking to you. When you are **respectful**, you choose **considerate** and **polite** words. When you are **respectful**, other people will feel that their needs are as important as yours. With your **polite words, tone of voice** and **positive attitude**, you let people on your Teams know you consider it important that they are spending time to be with you.



Why is acting in a respectful way good for our Team?

- When we look at other people when they are talking to us, we show them that we are interested in them and what they are saying. It makes them feel good and lets them feel they are important enough to us to pay attention to them.
- When we choose to use a **positive** and pleasant tone of voice, people on our Team feel comfortable being with us.
- When we answer each other right away, it shows we were listening and that we care about what was said.

**What does it mean
to act in an **empathetic** way?
Let's teach it!**

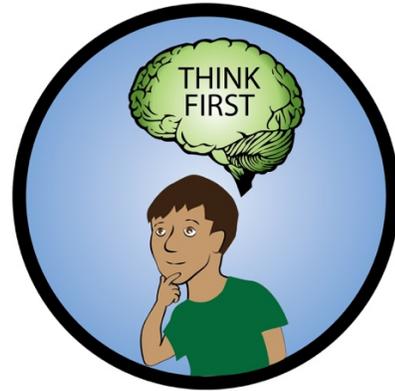
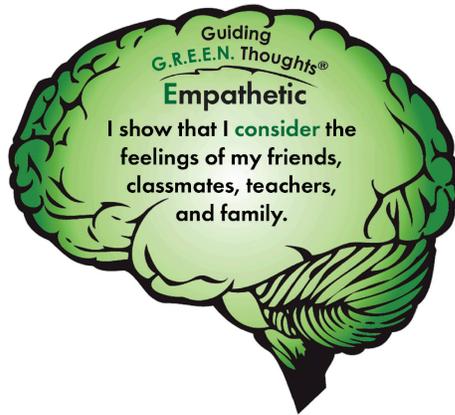


Acting in an **empathetic way means you are showing you are aware of how others around you feel. You are showing you care about other people's feelings and want to help them.**

To teach this concept, and to help children learn the language regarding this concept, we need to be comfortable in talking about how we feel.

This is important so children can learn the names of feelings and begin to learn how to respond empathetically to someone experiencing those feelings.

It does not come naturally to some people to figure out how we feel. That is why, whenever we are able to do so, it is good to tell explicitly how we feel, and what it is that we are doing with our body, our face, or our words that are the clues that the other person can use to begin to tell how we are feeling. This can help the other person learn to "infer" how we feel. (It also helps them learn to name their own feelings.)



We will also explain why we should choose to act in an **empathetic** way when we are with our Team.

- We show we are taking the time to think about the other person and how they feel.
- We are also showing we are thinking about how to make things better for other people on our Team. This shows we care and can make other people feel good.

**What does it mean
to act in a **cooperative** way?
Let's teach it!**



Acting in a **cooperative way means you are working easily and peacefully with people so you can all get things done that you want to do. It means you take turns and share with others.**

A more advanced concept that might be taught is that acting in a **cooperative** way means that we are able to **compromise** with others.

- This means we can be satisfied getting some of what we want instead of having to have everything that we want. If we do this with another person, each person gets some of what they want so both sides can feel like they are getting what they need.

Some examples of what cooperative behavior looks like and sounds like on our Team.

(Model this behavior to show what it sounds like, looks like and feels like!)

- I listen to directions and follow them.
- I choose to act in a way that is safe, logical and good for all.
- I wait patiently for others to share their ideas.
- I take turns listening to and talking with others on my Teams so we both feel like we have been heard. We then can work together to plan what to do next to get our needs met.



Why is acting in a cooperative way good for our Team?

- We get along peacefully!
- Everyone can feel like they are important.
- It makes life easier for everyone.
- We get things done!

Keep reviewing what it means to be a Team,
keep modeling **cooperative G.R.E.E.N.** action,
and keep reinforcing whenever it is seen!!!

*Catch me acting **G.R.E.E.N.** !*

- If your child can read and write, you can write reinforcement notes for each other when the **positive** behavior is observed.

G.R.E.E.N. ACTION REPORT



Date: _____ Situation: _____

Who acted **G.R.E.E.N.**? _____

Circle the behavior(s) shown:

Grateful **R**espectful **E**mpathetic **E**asygoing **N**avigating

What was the **G.R.E.E.N.** action? _____

GROWING **G.R.E.E.N. InterActions**  ©HeinSLP, INC.

- You can show how much this **positive** behavior matters by taking the time to talk about the **positive** behavior that was described in the notes.
- Some families include this **positive** sharing in weekly family meetings!

- You can put up goal charts to show how each Team member is improving. You can also show how the whole Team is improving in their targeted **G.R.E.E.N.** behavior.

HOME TEAM G.R.E.E.N.

Name of our Home Team: _____

This is our **G.R.E.E.N.** Action Tracker for the week starting _____

Fill in the names of all members of the Home Team. Fill out _____
Put a check in a box to give a Home Team member credit _____

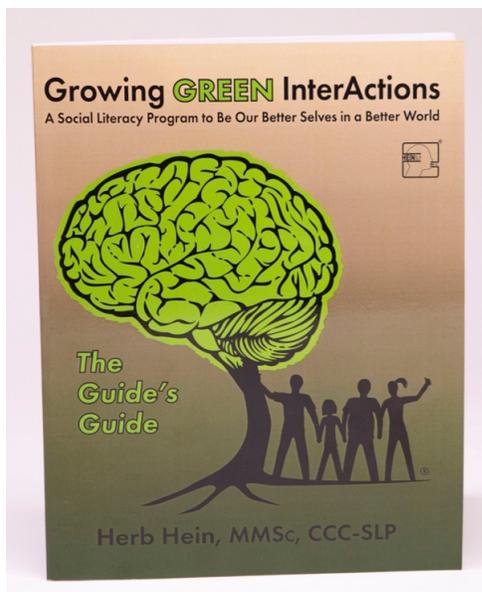
Home Team Members	Mon	Tue	Wed

This week's Home Team _____

Here's to us being our "better selves in a better world", starting with us being our better selves on our better Home Teams!
 -Herb Hein, MMSc, CCC-SLP

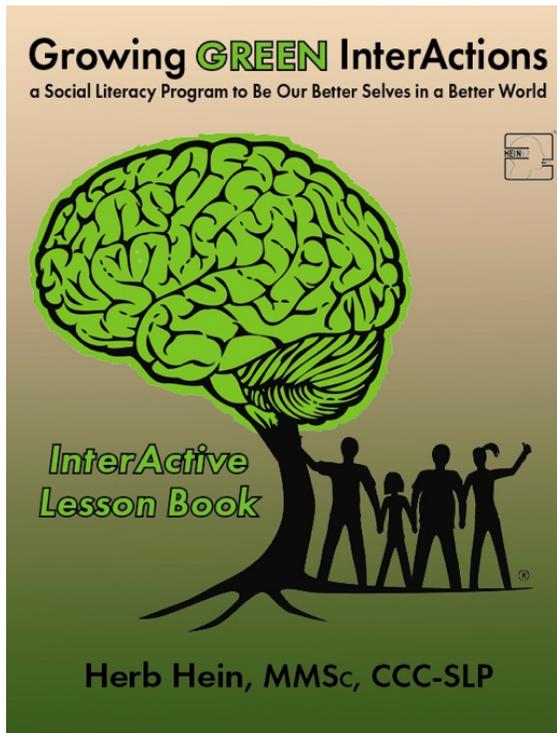
Order Sale-Priced PDFs of Growing **G.R.E.E.N.** InterActions Books
at www.HeinSLPinc.com
& Contact Herb Hein at Herb@HeinSLPinc.com

Get your hands safely on my **Growing G.R.E.E.N. InterActions Social Literacy Program** by checking out our “Stay-at-Home” PDF Sale on our website: www.HeinSLPinc.com!
Use with your own family or with families you are assisting through teletherapy!



The Guide's Guide, ~~\$49.97~~ **\$15.00**

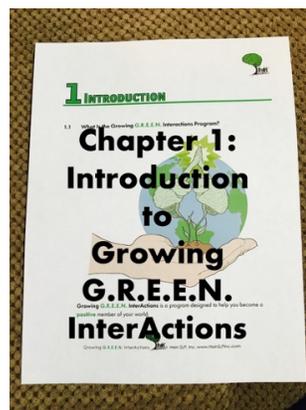
Learn key concepts of **Growing G.R.E.E.N. InterActions** and important considerations for guiding program participants. Learn why and how this program was developed.

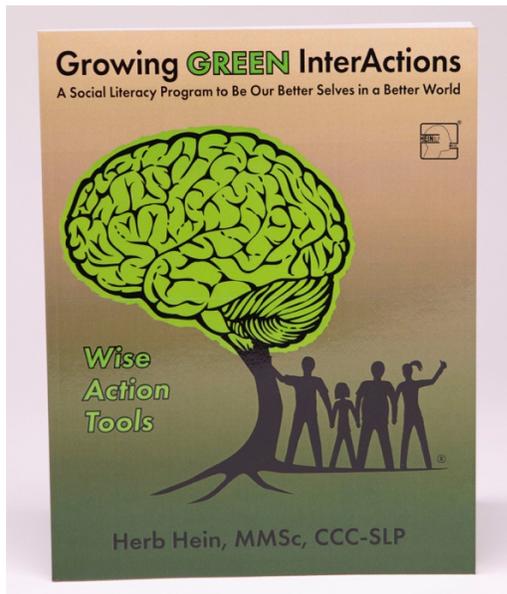


470-page InterActive Lesson Book \$159.97. \$45.00

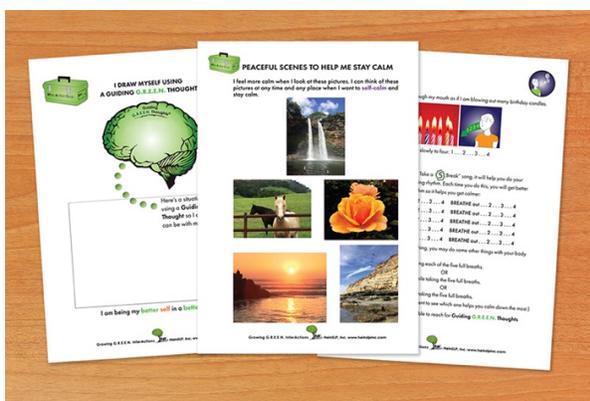
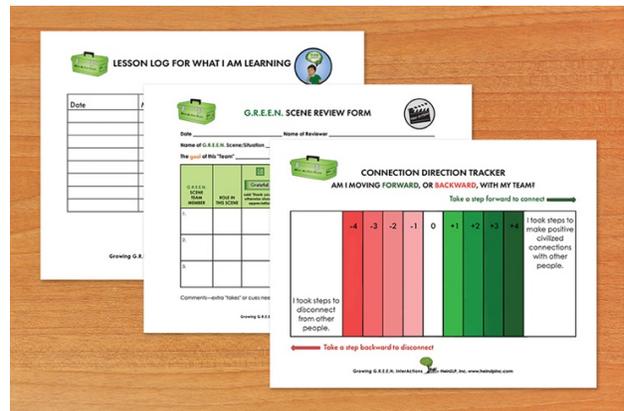
- **G.R.E.E.N.** behavior and Team building concepts clearly explained
- **G.R.E.E.N.** vs. **R.E.D.** scenarios to analyze
- **G.R.E.E.N.** scripts presented for practice using **G.R.E.E.N.** words
- **Personal and Common Team Goal Setting** clearly explained
- Visual strategies (Wise Action Tools) presented to enhance understanding, choice-making, and use of specific **G.R.E.E.N.** words and actions as needed for individualizing the process for each Team member on each Team.
- Song lyrics and musical notation provided for the program's songs:
Songs for Guiding G.R.E.E.N. Thoughts

A free download of the introductory chapter of this book is available free at our website!





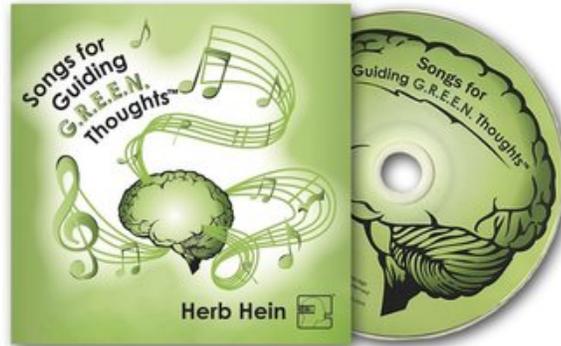
Book of **Wise Action Tools** \$49.97. **\$15**
 Visual strategies sheets for individualizing the process of guiding **G.R.E.E.N.** behavior improvement: guiding thoughts, choice-making, goal setting, etc.



All books are in color & easily downloaded so individual pages can be copied and used for individual needs.

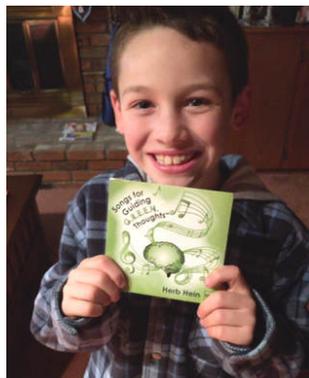
Songs for Guiding G.R.E.E.N. Thoughts is my album with 12 songs related to the concepts in my **InterActive Lesson Book**. You can find the whole album or purchase, download or stream its separate songs on iTunes, Amazon.com Apple Music or Spotify. You can find these music links on our website:

www.HeinSLPinc.com



Songs for Guiding G.R.E.E.N. Thoughts by Herb Hein

1. Keep the Civil in Civilization
2. Wake Up
3. Guiding **G.R.E.E.N.** Thought Song
4. What's Best for the Team?
5. Brake to Take a Five Break (Guided Breathing Song)
6. Don't Listen to the Moon
7. Transformation Song
8. I Appreciate
9. I Don't Ignore You
10. It's Not All About Me
11. Cooperation's In the Air
12. You Are a Friend of Mine



I love it! Especially number 10. It's Not All About Me! -Finn

The program's reinforcement sheets and other reinforcing tangible items are also still available for purchase separately or in the **InterActive Toolbox**. Find all of these items at our website shop: www.HeinSLPinc.com



Product photo by Adam Hein

For a copy of this handout, or if you would like me to answer any questions about this presentation or my **G.R.E.E.N.** program, you may contact me at: Herb@HeinSLPinc.com

*Be well! Be safe! Act **G.R.E.E.N.** with your Teams!
Together we can be our better selves in a better world!
-Herb Hein*