Camper Incentive Chart:
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Camper Incentive Chart:
Behavior:

**Expected**
- Friendly Greetings (say “hello,” smile!)
- Use flexible thinking, “go with the flow”
- Use Whole Body Listening
- Follow the “group plan” & participate
- Ask for a break when needed
- Use friendly words & bodies
- Follow the rules

**Unexpected**
- Ignoring friends & counselors
- Resistant to try new things or different ways
- Not listening
- Doing the “Me Plan,” not participating
Emotional Regulation Tools:

* Blow bubbles *
Close eyes & count to TEN
“Smell the roses”
“Blow out the candles”
* POPSICLE....melt *
* Butterfly Hugs *
Go for a walk

Think about the size of the problem, does your reaction match?

Tell a joke
Find a new activity
Take a drink of water
Size of the Problem

Remember the size of your reaction has to match the size of the problem.

- Tiny Problem
- Little Problem
- Medium Problem
- Big Problem
- Huge Problem

How big do others see the problem?

How big should your reaction be?
Point to how you feel.
How Loud is Your Voice:

SCREAMS

Too Loud

Just Right

Too Quiet

Whispers
Body Language:

Be a Whole Body Listener

Brain thinking
Ears hearing
Eyes looking
Mouth quiet
Shoulders facing
Hands still
Feet calm
Signs of needing a break!

* Overly busy/active
* Talking too much or not at all
* Frustrated expression
* Repeating the same question or saying the same thing
  * Crying
  * Yelling
* Ignoring other children
* Invading personal space of others
* Doing unexpected behaviors
  * Refusing to do the “group plan”
  * Pouting
I NEED A BREAK!
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Emergency Contact Numbers: