

Activity: How to Support Amber

This document outlines an activity for participants to map out ideas and strategies that may support Amber in learning and using emotional regulation skills. It is adapted from the preschool Pyramid Model practices modules developed by the National Center for Pyramid Model Innovations (NCPMI).

Supporting Amber

Amber is a four-year-old who loves tigers and trains. She was recently diagnosed with autism and attends an all-day inclusive preschool program. Amber loves school and has several friends, but she has been having a hard time regulating her body and feelings when upset. Changes in the routine or unexpected events are difficult for Amber and often cause her to run back and forth in the classroom, not follow directions, and repeat phrases from movies or television. Her teachers aren't sure how to help her learn to calm down when these stressful situations arise. They are wondering how to use her interests in tigers and trains to teach these skills but aren't sure where to start.

How could you support Amber in your classroom?

- How could you leverage Amber's interests?
- What type of individualized support or materials would be useful?

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