

TIGER TIPS

WEEK
7

A BEHAVIOR SPECIALIST'S ADVICE
FOR MANAGING REMOTE LEARNING

The 7th Inning Stretch

So far, we've learned many different strategies to support positive behavior and emotions at home - but just like in baseball (which I'm sure many of you are missing right now!), I think it's time we take a 'stretch' in the middle of this week seven and recalibrate.

week 2

Making sense
of behavior
change

week 3

Setting up the
environment
for success

week 4

Tips for
increasing
motivation

week 5

Strategies for
self-regulation

week 6

Positive self-
talk and
thinking

week 7

Recap and
reader
participation!

**I want to
hear from
you!**

Next week's topic will be an FAQ.
Let me know what you'd like to learn
more about OR what challenges
you're having at home!



Email me!

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