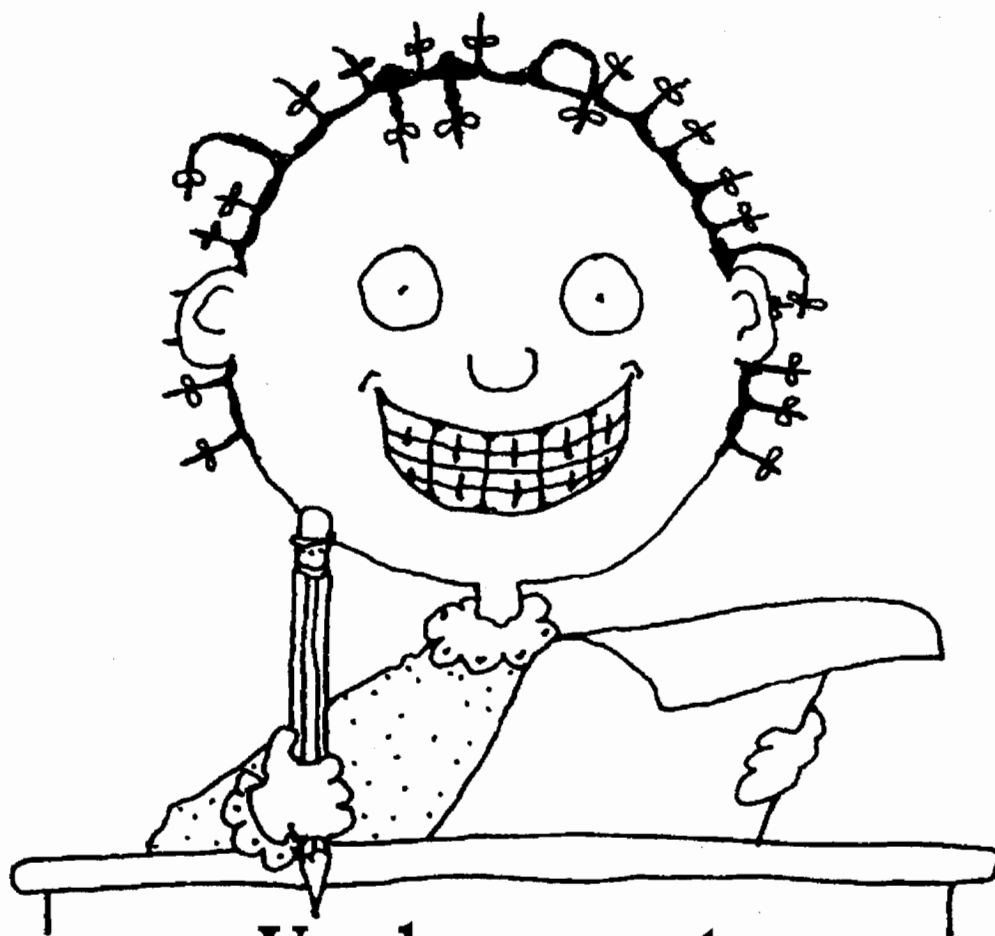


# The QUICKEST Kid Fixer-Uppers™

Capsulized Solutions from the *Bright Ideas™* Resource Newsletters



## Volume 1

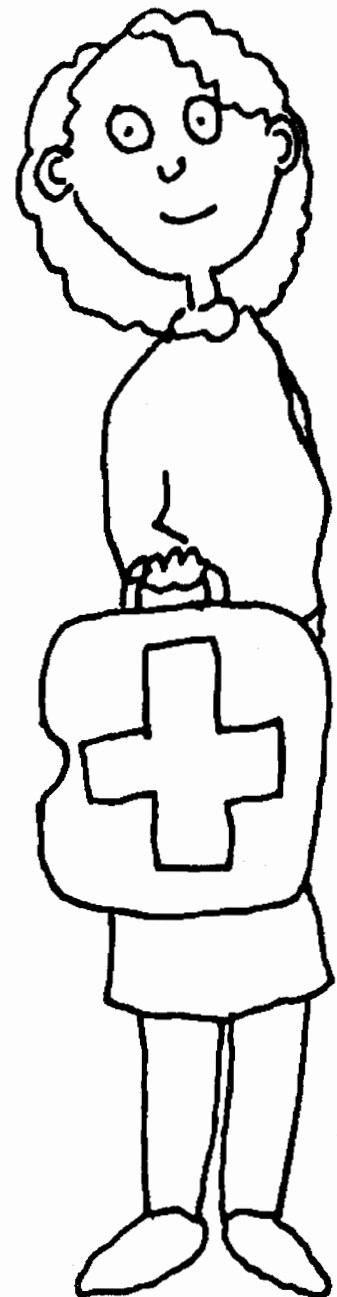
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# The Quickest Kid Fixer-Uppers

## Volume 1

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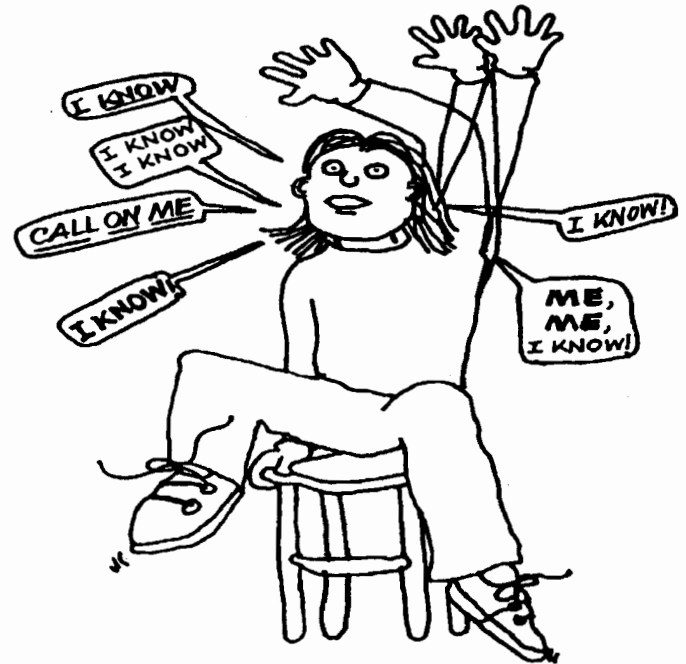
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# Reduce the Deficits of Attention Deficit Disorder

Attention Deficit Disorder (ADD) is often misunderstood. If a child is also diagnosed as hyperactive (ADHD), the youth professional or parent may find this child to be among the most perplexing and challenging to work with.

Children diagnosed as ADD or ADHD are not "choosing" to be badly behaved or inattentive; their problems have a physiologic basis. Medication can offer relief, but other interventions can also help while building esteem and skills. Most kids are not systematically and comprehensively trained to be students, but it may be ADD/ADHD youth that experience the most difficulty overcoming this lack of thorough preparation to master specific school skills like focusing, walking down the aisle and sitting at a desk. Until sufficiently trained to perform school skills such as these, the ADD/ADHD student may particularly struggle in school. Here's interventions that can ease the struggle.



## Attention-Grabbing Techniques



### Teach Visual Tracking

Train youth to have "eyes on teacher". Use a rag doll to show "do" and "don't" behaviors; model the "do" behaviors, then drill the students on the skills. Use a magnet and metal to illustrate how the students' eyes must be "stuck" on the teacher.



### Teach Auditory Tracking

Teach students to have "ears" on teacher. Use a rag doll to demonstrate, then model, and drill skills into habits. Give verbal instructions how to locate special treats as a fun way to train and drill listening skills.



### Teach Pacing Skills

Train youth to slow rapid action by playing "Make That Move." Played similar to the TV game show, "Name That Tune", as the student is about to speed through a task, such as walking across the room, ask the youth how long it will take to "make that move." Typically, the youth gives an answer such as "10 seconds", then challenge the child by saying "I bet you could make that move in 2 minutes", to which the child responds, "Yeah, I can make that move in 3 minutes", and so on. When the student has identified a reasonable time frame, say "make that move". Now the child must "stretch out" their behavior to complete the task. Use "Make That Move" constantly, with homework and other tasks that the child normally races through.



### Teach Distraction Control

Train youth to identify distractions or "attention-grabbers," and to avoid, modify, ignore, or request help with them. Use a loud radio, hair dryers, whistling, musical instruments and other distractions to drill students in a fun way how to spot and manage distractions.



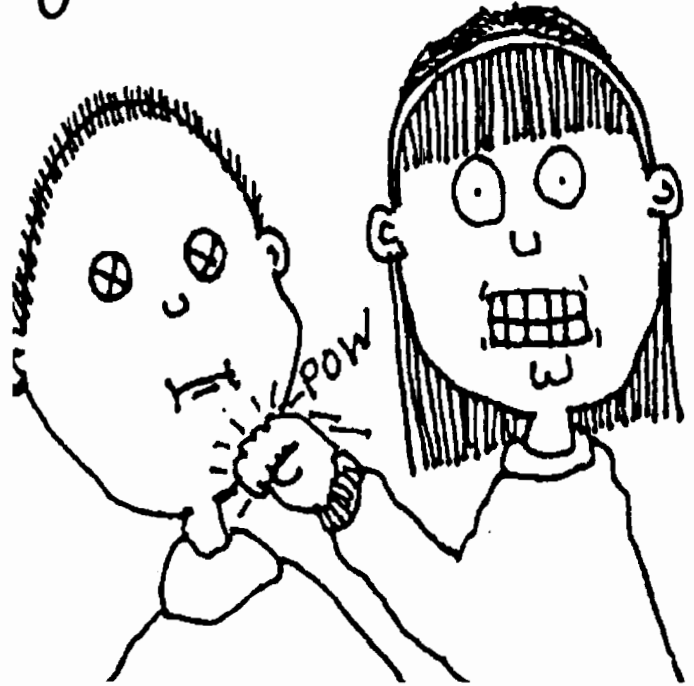
### Teach Chair Sitting

Train youth to sit in ways that facilitate learning. Set a timer; when it rings, students check their position. Show what to bring/not bring to their desk area. Bring in appropriate and inappropriate items to illustrate.

# No Excuses Anger Control

All youth programs have expectations for youth to control their anger— but few sites systematically and comprehensively teach students to meet these expectations. Whether you expect math, science or anger control skills, until you teach it, students may not do it.

Especially if a child grows up in a violent home, lives on a violent block and watches violent TV, there may be little opportunity to understand what anger is and how to properly control it. The fist that is so troublesome in your setting, may be commonplace in the child's home or neighborhood. Here are some steps designed to rapidly improve the anger control skills of the angry child.



## Temper and Tantrum Taming Techniques



### Control is Vital

Like most of us, youth often resist making mandated changes until convinced of the need.

*Strategies:* Ask your students to identify jobs, businesses, careers, and sources of income they can successfully establish and let an out-of-control temper flare up or explode whenever they want.



### Break Through Denial

The child may deny she has an anger control problem. Use peer pressure to vividly show the problem.

*Strategies:* Ask the peers to respond to questions about whether they fear the angry student's temper. Have the child track how often adults must say to them, phrases such as "stop yelling" or "calm down."



### Teach About Anger

At home, anger may be hit or drunk away. The child may have few opportunities to learn about anger, and how to positively manage it.

*Strategies:* Teach about the early cues of anger. Use a VCR to correct damaging misinformation such as "I can't predict when I'm going to be mad." Show the action frame by frame, aiding the student to see anger predictably developing.



### Teach All Expected Skills

You'd never expect math skills until you taught them, because many students would lack those skills. Expecting skills without teaching them doesn't work with math— or with anger. Kids who don't learn anger control at home will likely be unable to meet expectations to control their temper at your site.

*Strategies:* When students fail to comply with rules, they need training, not just consequences. Comprehensively train students to comply with rules and expectations. During school detention, train students to moderate or improve the behaviors that necessitated detention time.



### Address the Sources of Anger

Kids don't just become angry; they have good reasons. Address the causes, not just the hitting and other symptoms.

*Strategies:* Teach the difference between the sources and targets of rage. Often, teachers are targets viewed as sources. Teach about "outside anger" that comes to school.