

Using Technology to Support Students Who Struggle With Emotions and Behaviors

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Welcome!



I am Cassie Frost

I am an Assistive Technology Specialist,
Behavior Specialist, Problem Solver,
Collector of Things That May Come in
Handy, and Believer That Everyone Can
Learn

@cfrost_disteach

Objectives

- Identify at least 3 benefits of low tech and high tech supports
- Identify at least 3 methods for increasing expected behaviors while using technology
- Identify at least 3 technologies that can help students with elevated emotions

Agenda

- Defining Behavior
- Behavior and Independence
- Defining Emotions
- Emotional Regulation in School
- Tools to Support Independence
- Tools for Engagement
- Tools for Emotional Regulation

Basic Behavior Principles

- Every child wakes up wanting to be successful
- All people exhibit behavior to get what they need or want

What is Behavior?

- What we do to get what we need
 - Smile at people
 - Wave
 - Avoid people
 - Go to work
 - Call a friend



Student behavior is communicating a need

Student Independence

- **Independence:**

- Free from outside control or support; the state of being independent

- Synonyms:

- Self-sufficient
- Self-dependence
- Self-reliance

Technology and Independence

- Decreases Unexpected Behavior

- No need to act out, "save face," or shut down

- Increases Independence

- Practice skills they need throughout life
- Power to do things on their own

Goal # 1

Use Technology that promotes independence

Why are Emotions Important?

- Escalation
- Shut Down
- Avoidance
- Fear

Goal # 2

Use Technology to de-escalate students and help them regulate emotions.

Avoiding Technology Pitfalls

Technology can be an escape.

Adding technology without a plan can result in significant increases in unexpected behaviors and emotional dysregulation.

Routines

- Routines and Patterns are Comforting
 - Lining up
 - Going through the lunch line
 - Raising your hand
 - Handing in papers

What about technology?

Goal # 3

Integrate Technology in ways that it does not cause disruption.

Classroom

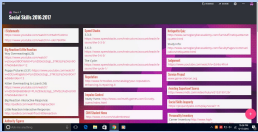
- Clear spaces for tasks
- Visuals
- Line of sight to screens
- Consequences- both positive and negative
- Consistency

Goal # 4

Use technology to create engaging classrooms and lessons.

Padlet

<https://padlet.com/cfrost/science>



A free place to house all of your links, brainstorm, & more

Explain Everything

- iOS app
- Recording
- Whiteboard
- Basics for Education
 - 13.99



Pear Deck

- Free & Paid
- Guided Presentations
- Interactive Vocabulary



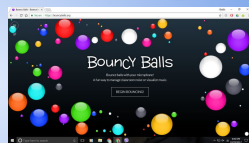
QR Codes

- Links for students
- Enrichment links on worksheets
- Remediation or review
- Audio recordings
- Incentives for student motivation
- Create engaging quizzes and review opportunities



Bouncy Balls

- Volume Monitor
- Balls bounce based on volume in classroom



<https://bouncyballs.org/>

Classroom Screen

- Free Screen
- Customizable Tools



<https://classroomscreen.com/>

HOW DO I "CALM DOWN"
WHEN I DON'T KNOW WHAT
CALM FEELS LIKE?

made with TYPORAMA

Chrome Extensions

Time Warp

- Time Management Tool



Momentum

- Emotional Regulation

Move It

- Movement Reminder



iOS Apps



Choiceworks
(7.99)
Visual Schedule &
Social Stories



Pause: Mindful Moments
(1.99)
Focus and
relaxation app

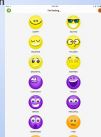


Breathing Zone
(2.99)
Practice Deep
Breathing

iOS Apps Continued



Mindful Powers
Free & Paid
Take Care of Your
Friend with Calm
Actions



**My Life My Voice
Mood Journal**
Visual emotions
and journal

The Pip

- The Pip
 - Students who struggle with self-regulation
 - Calming before tests
 - De-escalation
 - [Video: The Pip- Manage Your Stress](#)

Engagement Tools

- [Osmo](#)
 - Learning platform in iOS
- Augmented Reality iOS Apps
 - [Catchy Words AR](#)
 - [Chromeville](#)
 - [Tiltball for MERGE Cube](#)
- [Sphero Spark](#)
 - iPad controlled- sphere-shaped robot

Thank you!



I welcome questions or comments any time at my email listed below or find me on Twitter!

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