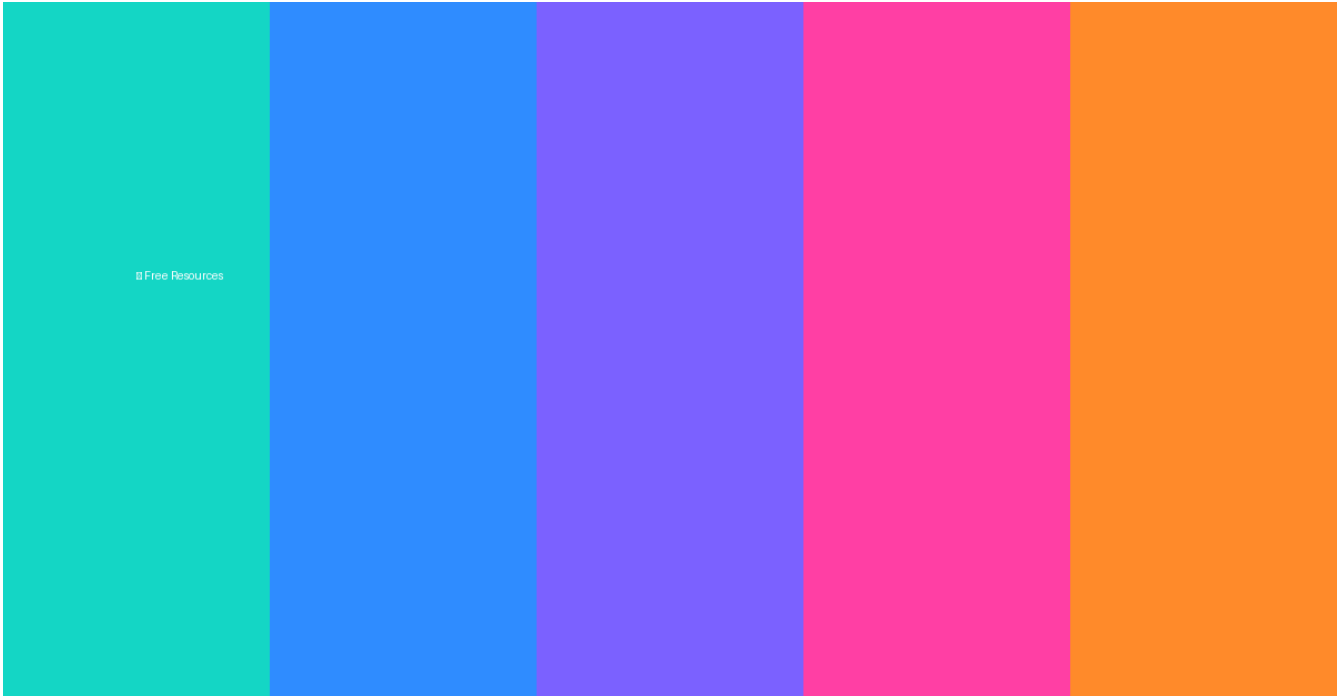


# ■ Free Resources

BehaveYou — Helping Children Thrive Through Understanding



## Introduction 1

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families,

caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
Communication	Use visuals and calm language	Reduce stress
Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Introduction 2

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
------	---------	------

Communication	Use visuals and calm language	Reduce stress
Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Introduction 3

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
Communication	Use visuals and calm language	Reduce stress
Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Introduction 4

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
Communication	Use visuals and calm language	Reduce stress
Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Introduction 5

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
Communication	Use visuals and calm language	Reduce stress
Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Introduction 6

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
Communication	Use visuals and calm language	Reduce stress
Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Introduction 7

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
Communication	Use visuals and calm language	Reduce stress

Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Introduction 8

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
Communication	Use visuals and calm language	Reduce stress
Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Introduction 9

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence,

learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
Communication	Use visuals and calm language	Reduce stress
Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Introduction 10

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families,

caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Free Resources guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

Area	Example	Goal
Communication	Use visuals and calm language	Reduce stress
Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

## Helpful BehaveYou Links

<https://behaveyou.com/>

<https://behaveyou.com/resources.php>

<https://behaveyou.com/videos.php>

<https://behaveyou.com/parent-learning-hub.php>