

Responding with Compassion Assignment

PART 1: PHRASES IN ACTION

Choose three common challenging moments your child experiences. For each situation, write down a compassionate phrase you will use to acknowledge their feelings and de-escalate the situation.

Challenging Moment	Compassionate Phrase
Example: Crying when frustrated	"I see you're upset. Let's take a break."

PART 2: VISUAL SUPPORTS PLAN

Identify one situation where your child could benefit from a visual support. Describe the support you will create (e.g., break card, choice board) and how you'll introduce it.

Challenging Moment	Visual Support	How to Introduce It
Example: Difficulty transitioning	First-Then Chart	Show before a task and explain reward.

PART 3: REINFORCEMENT TRACKER SETUP

Identify one replacement behavior you want to track. Outline how you will monitor progress and celebrate your child's successes.

Replacement Behavior	Tracking Method	Celebration Plan
Example: Asking for a break	Daily chart with stickers for each request	Choose a fun activity at week's end.

PART 4: ADDRESSING BARRIERS

Reflect on potential challenges you might face while implementing compassionate care. Write down plans to overcome these barriers.

Barrier	Plan to Overcome It	Celebration Plan
Forgetting to use compassionate phrases	Place sticky note reminders in key areas (e.g., fridge, door).	Choose a fun activity at week's end.
Feeling overwhelmed	Start small—focus on one strategy at a time.	
Inconsistency among caregivers	Share compassionate care tools with all caregivers.	