**Power Card for Dawson**

Spongebob is a fun guy who has lots of fun with special people in his life. Sometimes he has so much fun that he gets “wild” and acts goofy. Spongebob knows that it is important to be nice to all his friends and family even when he’s being goofy. He has to listen when someone important tells him he needs to settle down so he will not hurt others’ feelings.

To be the best listener he can be, sometimes Spongebob has to take a break from his activities. When he needs a break, Spongebob will find a quiet spot, relax his body and take deep breaths. Sometimes he needs someone else to remind him to do this, so he listens when he is told to take his break.

Spongebob wants Dawson to be an awesome listener and a good boy just like he is. Spongebob thinks its neat that you can be the same! He says its important for Dawson to have fun, just like Spongebob; but also to listen to adults when they tell you its time to settle down, take a break, and be nice to other people. When you feel like its time for a break or an adult tells you so, Spongebob wants you to find a safe, quiet place where you can relax your body, take deep breaths, and use kind words and actions.

![C:\Users\glasser\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LO2FHLBE\MC900187159[1].wmf]()**Dawson’s Powercard:**

1 – Listen to others

![C:\Users\glasser\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\V7RN2ORF\MC900383328[1].wmf]()2 – Take a break (quiet place, deep breath, relax)

![C:\Users\glasser\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L227X98T\MC900390990[1].wmf]()3 – Use kind words

***Data Collection:***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Date: am/pm |  |  |  |  |  |  |  |
| Takes Rest: (circle one) | Self-directAdult-direct | Self-directAdult-direct | Self-directAdult-direct | Self-directAdult-direct | Self-directAdult-direct | Self-directAdult-direct | Self-directAdult-direct |
| Demo’s calming: |  |  |  |  |  |  |  |
| Kind words/actions |  |  |  |  |  |  |  |

Plan to monitor if intervention is needed more in mornings or afternoons. Also monitor for improvement with self-directed breaks. Calming will be rated with – (no calming), min (minimal calming observed), mod (moderate calming), max (maximum – calmed successfully). Use + or – to indicate follow through with kind words/actions following the break and observed calming.