

CASE STUDY: Child Melts Down When They Lose

Create **ROUTINES**

Scenario: I was playing a game with my daughter. She lost and started crying hysterically.

The order in which you will create routines:

 1 Teach a tool: Handle discomfort / cope maturely

 2 Teach a tool: Problem solving

 3 Deposit into Emotional needs Account: Significance

 4 Joint problem solving

 5 Yuck dumps

Regular time I will learn about these tools: *Mondays on my lunch break*

Regular time I will teach these tools: *When we're in the car together*

Regular time we will practice these tools: *When we're in the car together*