

## ***Happy New Year Silver Valley Unified!***

As we start off 2014, I am attaching a couple of great ideas for working with our kids- as teachers, or as parents- to start the New Year off right!

First off is:

**"Vision Boards"** Vision Boards are a great way of setting goals with kids that makes more sense to them than a "Resolution". Additionally, these boards encourage "whole brain" thinking and multi-sensory processing.

Second is:

**"10 ways to build self confidence in your children with ADHD"** (But these ideas work great with other kids as well!)

Last is:

**A shared article on:** 8 well known people who have Autism or Asperger's but refused to let their disability "define" them and instead have gone on to accomplish great things!

I hope you enjoy these ideas and this article, and I wish all of our Silver Valley Unified Family a Happy New Year!

Cheri Rigdon (:

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## **2014 Vision Boards**

### **Creative Goal Setting with Kids. Simple Project Idea.**

Rather than a new year's resolution, this year try this idea with your kids: A vision board. A vision board is a collage of pictures, words, affirmations, goals and anything you would like to achieve or receive. This is a creative way to set new year goals with your kids that is actually more useful than just a resolution as you use your whole brain in a multi-sensory way when you think about and create a visual and dimensional picture.

**This can be a great "whole family" activity. You can use the boards as positive reminders of:**

- Things you want to learn this year?
- Things to be thankful for?
- Fun things you want to do?
- Things that will make you smile?
- Things I can do to make others happy?
- How would I like to spend time with family and friends?
- What are good values?
- What do I love about nature?
- How can I stay peaceful?
- What are healthy things I can do?
- What goals do I have for 2014?

**To do the project:** Start the project right by taking a few deep breaths, opening your heart and mind and really think about what you want your board to show. Set the mood by playing some music in the background.

You will need stiff paper (such as poster board- but paper plates work great for smaller project boards), scissors, markers, crayons, glitter, stickers and lots of pictures. Use magazines or surf the internet to find pictures. Look for things that catch your children's interest.

**Design your board your way! Some suggestions might include:**

- Writing your name and or placing pictures of you on the board.
- Writing goals or affirmations such as:
  - I live joyfully each day!
  - I am healthy!
  - I am letting go of upset and choosing peace!
  - I am grateful for all my blessings!
- Sort through pictures and arrange them, add words, cover up words- do what feels creative and positive to YOU!

Vision boards become powerful messengers working on different levels of your mind and being. And creating the boards together can be a fun way to learn about and recognize what makes you and your child happy and develop ways to accomplish things throughout the month.

This project is enjoyable for special needs kids as well. While you may need to help them understand the process, or explain some of the ideas and concepts you are putting on the board, this can be a great tool for discussing how achieving goals requires preparation and steps. And because this is a visual board, it can be a very useful tool for kids who are visual in nature and can be used throughout the year to reinforce progress towards goals. Just remember to make this activity a joyful, uplifting, positive one for your child.

**Therapeutically, doing these kinds of activities with kids can help their:**

- Processing
- Organization
- Fine Motor Skills
- Sensory Skills
- Communication
- Self Esteem
- And Socialization.

**Teachers and Para professionals:** Vision boards can be great ways to communicate with children who are on IEPs. Autistic students, Sensory deficit students, ADHD students, ID and ED kids can all benefit from developing a Vision Board.

***Remember with Imagination, ANYTHING is possible!***

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## **Strategies for Building Self-Confidence In Children with ADHD**

**Here are 10 expert tips for helping your child build self-confidence.**

**1. Encourage your child's strengths.**

For instance, "if your child is a born athlete, find activities that he can excel in rather than pushing him into areas of challenge," said Matlen, also author of [\*Survival Tips for Women with AD/HD\*](#).

**2. Praise effort.**

"Focus on effort rather than outcomes," Tuckman said. For instance, you might say, "You worked really hard on that paper."

### **3. Appreciate them for who they are.**

Talk to your child about their inner strengths, such as their kindness, humor or sensitivity, Matlen said. Tell them that they make you happy simply by being themselves and part of the family, she said.

### **4. Find the lesson.**

View failures and setbacks as learning opportunities, said Tuckman, also a speaker and author of the book [More Attention, Less Deficit: Success Strategies for Adult ADHD](#). He gave this example: “OK, so how did that homework get forgotten? What can we learn from it and do differently next time?”

This conveys that mistakes are feedback, not character judgments, he said. “The key to success is not avoiding mistakes, but rather being willing to make mistakes, learn from them, and keep moving forward.”

### **5. Praise them to others.**

Comment on your child’s abilities and strengths to other people in the room or over the phone when your child can hear you, Matlen said. This way they know “that your words aren’t just to give him a boost, but rather, that you really mean what you’re saying.”

### **6. Have reasonable expectations.**

“It’s also important that parents have reasonable expectations for their kids that are based on a realistic assessment of their abilities,” Tuckman said. For instance, even smart, conscientious kids with ADHD forget their homework. It’s a task that’s especially hard for anyone with ADHD, “so give them credit for the successes that they do have.”

### **7. Start slow with new things.**

According to Matlen, “When encouraging your child to try new things, use baby steps. Don’t push her into an advanced class; start small and work up so she can enjoy each small accomplishment, step by step.”

### **8. Get them involved in helping others.**

“Children feel good about themselves when they are helping others,” Matlen said. Find ways that your child can help people in need, she said. For instance, “consider getting involved as a family doing charitable work.”

### **9. Foster new friendships.**

For instance, Matlen suggested signing up your child for after-school activities that interest them — which can become opportunities to make friends.

### **10. Give them your full attention.**

Focus on your child when he or she is talking to you, Matlen said. “Spend time with her and ask her about her day, her dreams, her goals. Really connect with your child and show you’re interested in who she is as a person.”

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[Click on the link below, to enjoy this article:](#)

***“These 8 Inspiring People Will Change The Way You Think About Autism & Asperger’s”***



<http://huff.to/1cDkvcz>