



# STRENGTH-BASED SWITCHES

A note on phrases: Not every phrase will apply to every scenario and every child. Use your best judgment and clinical observations when making your own strength-based switches.



# SIMPLE SWITCHES FOR

## Strength-Based Phrases

### INSTEAD OF...

WON'T FOLLOW  
DIRECTIONS

TRY 

SELF DIRECTED

CAN'T MAKE  
FRIENDS

TRY 

THEY PREFER  
INDEPENDENT PLAY

STRUGGLES WITH  
TRANSITIONS

TRY 

BENEFITS FROM  
TRANSITION  
SUPPORTS

HERE ARE THEIR  
DEFICITS...

TRY 

HERE ARE THEIR  
STRENGTHS...

ABNORMAL  
MOVEMENTS

TRY 

DESCRIBE THE  
MOVEMENT

AWKWARD SOCIAL  
SKILLS

TRY 

DESCRIBE THE  
SOCIAL SKILLS

SPECIAL NEEDS

TRY 

DISABILITY

STRANGE RITUALS

TRY 

DESCRIBE THE  
RITUALS



# SIMPLE SWITCHES FOR

## Strength-Based Phrases

### INSTEAD OF...

THEY ARE OBSESSIVE

TRY 

THEIR SPECIAL  
INTERESTS INCLUDE

THEY ARE NON-  
VERBAL

TRY 

THEY USE AN AAC,  
SIGN-LANGUAGE,  
ETC.

THEY HAVE POOR  
EYE CONTACT

TRY 

THEY COMMUNICATE  
BETTER WITH LESS  
VISUAL STIMULATION

THEY STIM

TRY 

THEIR WHOLE BODY  
EXPRESSES HOW  
THEY FEEL

THEY ARE REPETITIVE

TRY 

FIND SAFETY IN THE  
FAMILIAR

THEY DON'T  
UNDERSTAND

ALWAYS 

PRESUME  
COMPETENCE

STRUGGLES WITH

TRY 

BENEFITS FROM

CHANGING THE  
PERSON

TRY 

CHANGING THE  
ENVIRONMENT



# WORDS TO AVOID

## as a Strength-Based Practitioner

RED FLAG

ODD

STRANGE

ABNORMAL

WEIRD

LAZY

Our job is to provide **clinical information** about our observations, **not subjective opinions**.

# STRATEGIES TO AVOID

## as a Strength-Based Practitioner

IGNORE THEM

PUNISH "BAD"  
BEHAVIOR

FOCUS ON  
COMPLIANCE

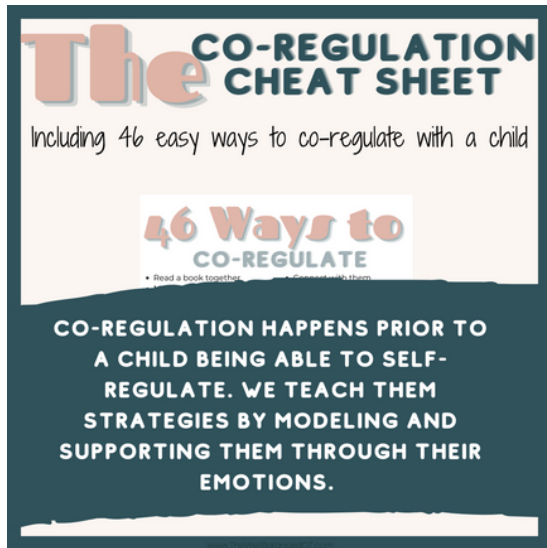
USE EXTERNAL  
REWARDS



# ADDITIONAL RESOURCES

Access these resources by clicking on the image or going to my TPT store:

<https://www.teacherspayteachers.com/Store/The-Well-balanced-Ot>



Co-regulation is so important for developing self-regulation skills and helping our kids feel safe and secure in their environment. Here are 46 examples you can start using today!

**[SHOP HERE](#)**



This regulation guide is ideal for the school setting, whether you are an OT, teacher, therapist, or support staff. Better understand how regulation benefits learning, what tools to use, and how to incorporate them.

**[SHOP HERE](#)**



This bundle includes 4 resources related to regulation at a discount!

**[SHOP HERE](#)**

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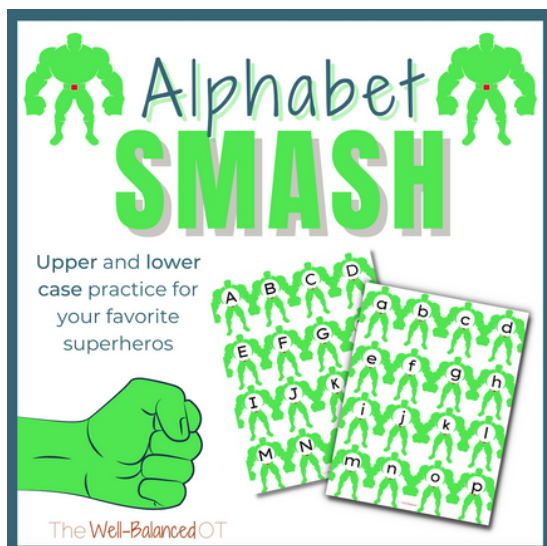
Turning Food into Fun is a great guide for helping your picky eater engage with food in a fun and playful manner. Perfect for a parent or therapist!

**SHOP HERE**



Work on sequencing and fine/visual motor skills in this super engaging resource that includes 2 different activities! Ideal for pre-schoolers and young elementary.

**SHOP HERE**



Use their favorite superhero to learn letters. Pair this activity with balls of playdoh and smash it when you locate the correct letter. Includes both upper and lowercase letter opportunities.

**SHOP HERE**