



# THE VILLAGE PLAYBOOK

*A Simple Tool to Help Your Child's Village Support Them Better*

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## WELCOME!

This playbook helps you organize what you already know about your child into one place. Share this with your village so that everyone is on the same page in supporting your child.

- ✓ Takes 10-15 minutes to complete
- ✓ Most questions have checkboxes, just check what applies
- ✓ Focus on the **MOST IMPORTANT** sections first (marked with ★)
- ✓ Skip anything that doesn't apply, you can always add more later

## QUICK SNAPSHOT ★

*Start here! This is what teachers, coaches, and caregivers need to know FIRST.*

Child's Full Name:

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Preferred Name/Nickname:

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Age:

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Grade:

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3 words that describe them best:

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What motivates them most:

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Biggest challenge right now:

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One thing adults should always remember (safety/cognitive concerns):

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## STRENGTHS & WHAT LIGHTS THEM UP ★

*Let's start with the good stuff, what makes your child amazing?*

**What are they naturally good at?** *(Check all that apply)*

- |   |   |
|---|---|
| <input type="checkbox"/> Sports / Athletics               | <input type="checkbox"/> Art / Drawing / Painting         |
| <input type="checkbox"/> Music / Singing / Instruments    | <input type="checkbox"/> Reading / Writing / Storytelling |
| <input type="checkbox"/> Math / Logic / Puzzles           | <input type="checkbox"/> Science / Nature / Animals       |
| <input type="checkbox"/> Building / Engineering / Lego    | <input type="checkbox"/> Technology / Gaming / Coding     |
| <input type="checkbox"/> Cooking / Baking                 | <input type="checkbox"/> Helping / Caring for Others      |
| <input type="checkbox"/> Making People Laugh / Performing | <input type="checkbox"/> Leadership / Organizing          |

**Other strengths:**

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**Character strengths:** *(Check all that apply)*

- |   |   |
|---|---|
| <input type="checkbox"/> Kind / Compassionate         | <input type="checkbox"/> Creative / Imaginative   |
| <input type="checkbox"/> Funny / Good Sense of Humour | <input type="checkbox"/> Determined / Persistent  |
| <input type="checkbox"/> Loyal / Good Friend          | <input type="checkbox"/> Curious / Loves Learning |
| <input type="checkbox"/> Brave / Courageous           | <input type="checkbox"/> Honest / Truthful        |
| <input type="checkbox"/> Energetic / Enthusiastic     | <input type="checkbox"/> Thoughtful / Reflective  |
| <input type="checkbox"/> Patient                      | <input type="checkbox"/> Responsible              |

**Other character strengths:**

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## WHAT HELPS ★

*When things are going well, what's working?*

**How they respond best to instructions:** *(Check all that apply)*

- |  |  |
|--|--|
| <input type="checkbox"/> Visual cues / pictures            | <input type="checkbox"/> Written lists / checklists      |
| <input type="checkbox"/> Verbal reminders                  | <input type="checkbox"/> Demonstrations / modeling       |
| <input type="checkbox"/> Quiet one-on-one explanations     | <input type="checkbox"/> Breaking tasks into small steps |
| <input type="checkbox"/> Timers / countdowns               | <input type="checkbox"/> Gentle touch on shoulder        |
| <input type="checkbox"/> Using their name first            | <input type="checkbox"/> Giving choices                  |
| <input type="checkbox"/> Advance notice before transitions | <input type="checkbox"/> Repetition / rehearsal          |

**Other strategies that work:**

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**Rewards or motivators that work:** *(Check all that apply)*

- |   |  |
|---|--|
| <input type="checkbox"/> Praise / verbal encouragement            | <input type="checkbox"/> Stickers / stamps             |
| <input type="checkbox"/> Extra play time                          | <input type="checkbox"/> Screen time                   |
| <input type="checkbox"/> Quality time with a safe & trusted adult | <input type="checkbox"/> Helping role / responsibility |
| <input type="checkbox"/> Choice of activity                       | <input type="checkbox"/> Small treats / snacks         |
| <input type="checkbox"/> Token / point system                     | <input type="checkbox"/> Movement breaks               |
| <input type="checkbox"/> Music time                               | <input type="checkbox"/> Reading time                  |

**Other motivators:**

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## HOW TO SUPPORT IN THE MOMENT ★

*When they're overwhelmed, frustrated, or shutting down, what helps them calm down or reset?*

**Check all that apply:**

- |   |  |
|---|--|
| <input type="checkbox"/> Quiet space (alone time)                       | <input type="checkbox"/> Movement break (walk, jump, stretch)                |
| <input type="checkbox"/> Talking it through with a safe & trusted adult | <input type="checkbox"/> Humor or lightness (joke, silly distraction)        |
| <input type="checkbox"/> Snack or water break                           | <input type="checkbox"/> Physical comfort (hug, high-five, hand on shoulder) |
| <input type="checkbox"/> Weighted blanket / lap pad                     | <input type="checkbox"/> Breathing exercises / mindfulness                   |
| <input type="checkbox"/> Fidget / stress ball                           | <input type="checkbox"/> Music / headphones                                  |
| <input type="checkbox"/> Drawing / colouring                            | <input type="checkbox"/> Breaking task into smaller steps                    |
| <input type="checkbox"/> Change of scenery                              | <input type="checkbox"/> Time to process (give them space first)             |

**Other strategies:**

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**What DOESN'T help (makes it worse):**

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Not sure what works best 'in the moment'? **Village of Play** can help you and your child explore regulation strategies together through guided play.

## WHAT DOESN'T WORK ★

*What makes things harder?*

**Situations or environments that are challenging for them:** *(Check all that apply)*

- |   |   |
|---|---|
| <input type="checkbox"/> Loud spaces / noisy environments     | <input type="checkbox"/> Crowded places                             |
| <input type="checkbox"/> Sudden transitions / changes         | <input type="checkbox"/> Unstructured time                          |
| <input type="checkbox"/> Open-ended tasks (no clear endpoint) | <input type="checkbox"/> Group work / collaboration                 |
| <input type="checkbox"/> Being put on the spot                | <input type="checkbox"/> Time pressure / rushing                    |
| <input type="checkbox"/> Too many choices (lack of context)   | <input type="checkbox"/> Long periods of sitting still              |
| <input type="checkbox"/> Hunger / being tired                 | <input type="checkbox"/> Overstimulation (lights, sounds, activity) |

**Other challenging situations:**

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**Communication approaches that backfire:** *(Check all that apply)*

- |   |  |
|---|--|
| <input type="checkbox"/> Raised voice / yelling                   | <input type="checkbox"/> Rushing them                          |
| <input type="checkbox"/> Public correction / embarrassment/ shame | <input type="checkbox"/> Comparing to others                   |
| <input type="checkbox"/> Saying 'calm down'                       | <input type="checkbox"/> Repeating the same instruction louder |
| <input type="checkbox"/> Threats or ultimatums                    | <input type="checkbox"/> Bringing up past mistakes             |
| <input type="checkbox"/> Sarcasm                                  | <input type="checkbox"/> Dismissing their feelings             |
| <input type="checkbox"/> Forcing eye contact                      | <input type="checkbox"/> Too many questions at once            |

**Other approaches that don't work:**

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## CHALLENGES (Optional)

Only fill this out if it's helpful. You can skip it entirely.

**Areas where they struggle:** (Check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> Focus / attention                   | <input type="checkbox"/> Organization / planning          |
| <input type="checkbox"/> Emotional regulation                | <input type="checkbox"/> Starting tasks / initiation      |
| <input type="checkbox"/> Following multi-step instructions   | <input type="checkbox"/> Impulse control                  |
| <input type="checkbox"/> Working memory                      | <input type="checkbox"/> Flexibility / adapting to change |
| <input type="checkbox"/> Time management                     | <input type="checkbox"/> Self-monitoring                  |
| <input type="checkbox"/> Social skills / reading social cues | <input type="checkbox"/> Managing frustration             |

**Other challenges:**

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**Any diagnoses or assessments?** (ADHD, autism, anxiety, learning disabilities, etc.)

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## THEIR VILLAGE (Optional)

Who's currently supporting your child? (So everyone can be on the same page)

Role	Name	Phone	Email	Working On

Examples of roles: Teacher, OT, SLP, Psychologist, Tutor, Coach, Doctor, Psychiatrist, etc.

**ADDITIONAL INFORMATION (Optional)**

*Anything else that would help someone understand your child better?*

**Medication (if any):**

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**Sensory sensitivities:** *(Check all that apply)*

- |   |  |
|---|--|
| <input type="checkbox"/> Loud noises                        | <input type="checkbox"/> Certain textures (food, clothing) |
| <input type="checkbox"/> Bright lights / fluorescent lights | <input type="checkbox"/> Strong smells                     |
| <input type="checkbox"/> Being touched unexpectedly         | <input type="checkbox"/> Tags in clothing                  |
| <input type="checkbox"/> Certain fabrics                    | <input type="checkbox"/> Temperature sensitivity           |

**Other sensitivities:**

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**How you prefer to be contacted:**

- |                                     |  |
|-------------------------------------|--|
| <input type="checkbox"/> Email      | <input type="checkbox"/> Text message            |
| <input type="checkbox"/> Phone call | <input type="checkbox"/> Notes in agenda/planner |

**Anything else worth knowing:**

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## CONGRATULATIONS! YOU'VE TAKEN A POWERFUL STEP

*Most families tell us that simply completing this playbook helps them understand their child better.*

□ **PRO TIP:** Set a reminder to update this playbook every 3-4 months. Kids grow fast, and what works today may change. Many families revisit this after completing a program at Village of Play because their awareness changes.

### How to Use This Playbook:

1. Save a copy (print or digital) for yourself
2. Share with anyone who supports your child
3. Update as needed (no more repeating yourself!)
4. Revisit every 3-4 months as your child grows

### Wondering Where Your Child Can Practice These Skills? Or Want To Learn More About Executive Functioning To Best Support Yourself And Your Family?

That's exactly why Village of Play exists.

Our programs give kids a safe place to build:

- Emotional regulation
- Focus and impulse control
- Confidence and self-advocacy skills
- Flexibility when things don't go as planned

*All through guided play and supportive coaching. We also have adult workshops & resources for families, caregivers and professionals navigating capacity challenges.*

Learn more about our programs: [villageofplay.com](https://villageofplay.com)  
Or reach out anytime: [hello@villageofplay.com](mailto:hello@villageofplay.com)  
We're happy to help you figure out your next step as your village.