

Examples of Replacement Behaviors: (new, motivating, and novel)

Cook or bake

Cooking class

New Book series

Learn to play a new instrument

Play outside - ride your bike, scooter, or skateboard

New Legos set

Listen to music

Dance

Yoga or exercise

Work on homework

Creative Writing

Learn a new language

Call a friend and connect

Arts and Crafts

Make Jewelry

Play with a pet

Help around the house

Hang with a family member

Play a board game

Do a puzzle

Watch a movie with a family member or friend

Go for a walk

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