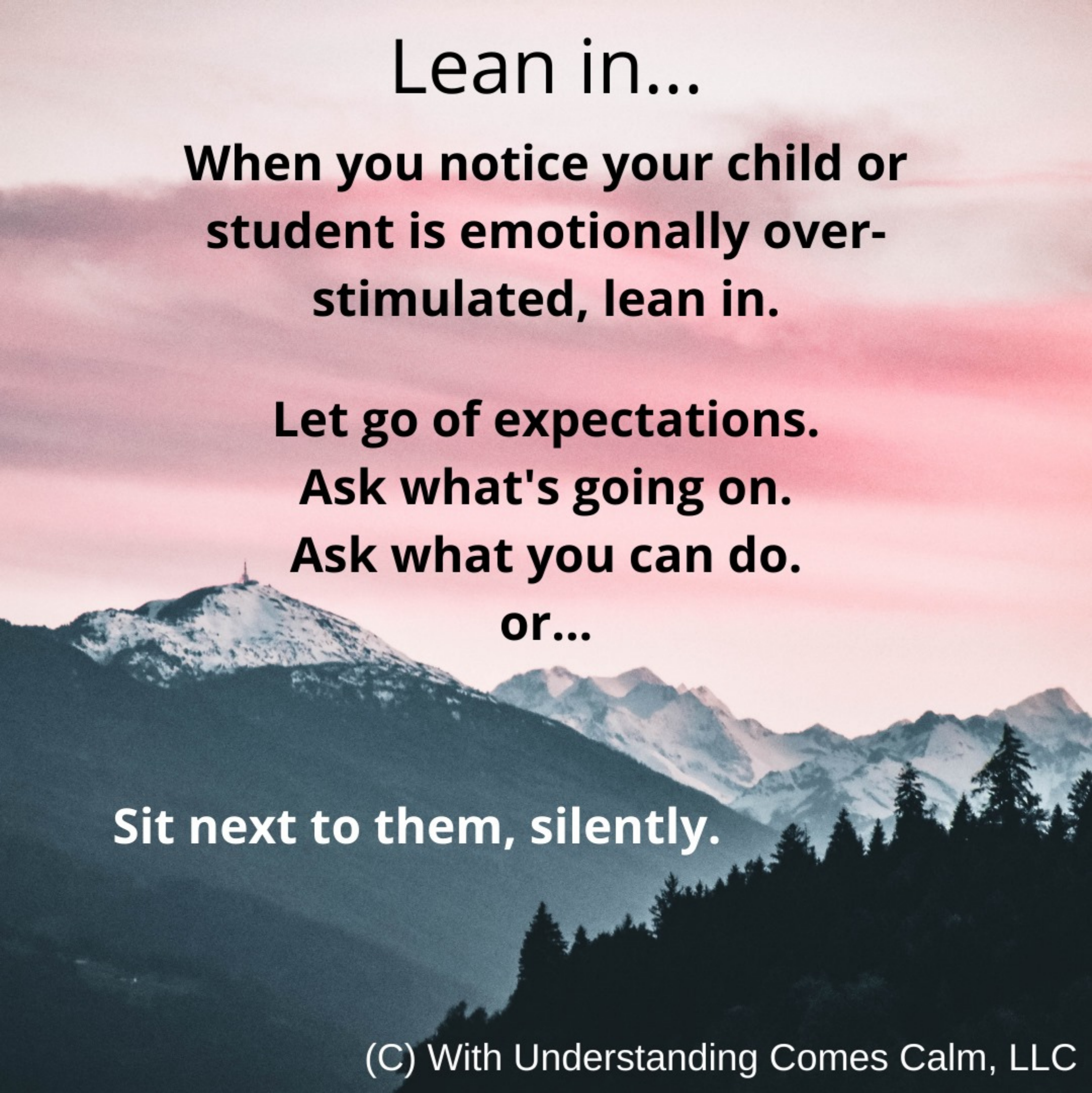




# **Strategy Cheat Sheet**

**For Raising and Teaching  
Twice Exceptional Kids**





# Lean in...

**When you notice your child or  
student is emotionally over-  
stimulated, lean in.**

**Let go of expectations.  
Ask what's going on.  
Ask what you can do.  
or...**

**Sit next to them, silently.**



# Find Verbs

**Think about what you want your 2e child or student to do.**

**When they do it - simply notice.  
Don't thank or praise, just notice.**

**Just like we notice when they don't do something or they do something 'wrong,' this is an opportunity to catch them doing well.**



# Ask Questions

**We are often the frontal lobe  
for our 2e kids.**

**They need to develop theirs.**

**Stop telling them what to do  
and start asking questions  
that help them realize what  
they need to do.**





**Create a wake**

**Stop nagging.**

**Stop begging.**

**Stop negotiating.**

**Start doing.**

**Read that book, play that  
game, walk out the door.**

**(C) With Understanding Comes Calm, LLC**