

Behavior Breakthrough: Getting Started Guide

1. Mindset: Check your mindset. This student isn't doing this to me. They are trying to tell me something. Put on your [curious, empathetic...] hat.
2. Stay calm and regulated. If you escalate, they'll escalate. Take a few deep breaths.
 - Calm — keep face and eyes soft
 - Defuse body language.
3. Connect - communicate. Behavior is communication. Students want to feel heard. "I can see you're really frustrated [angry, hurt, struggling...]. I know I feel [frustrated] when I..."
4. Identify the cause, if you can. What's causing the gap between your expectation and what the student is able to do in this moment?
5. Make a plan.
 - Be proactive. 3 Options for Changes:
 - Environment
 - Task
 - Interaction
 - Be Reactive.
 - Remove stimulus.
 - Regroup/Reset