



# Behaviors

## KSEPAG

April 21, 2021

# Ice Breaker

Look at the Post in your folder and Share the following Information:

Pink-Challenging Behavior for one of your children

Blue-Personal Behavior you would like to change

Purple-Successful Strategies for challenging behaviors

Orange-Unsuccessful Strategies for challenging behaviors

# Definition of Behavior

- "The way in which one acts or conducts oneself, especially toward others."

# Behavior-A-B-C's of How We Learn

Learning is defined or demonstrated by a change in behavior(s) which endures over time.

The components which govern behavior are:

A-Antecedent-That which occurs before a behavior

B-Behavior-The action or series of actions which create a given response

C-Consequence-That which occurs immediately following a behavior

# Antecedent

Antecedent-That which occurs before a behavior.

Examples:

- An instruction or command
- Another behavior
- An event
- A person
- A setting
- A situation

# Behavior

The action or series of actions which create a given response.

Examples:

- Direction following
- A verbal response
- Quiet sitting
- Appropriate use of work-related materials
- A tantrum
- A self-injurious behavior
- A self-stimulatory behavior



# Consequence

That which occurs immediately following a behavior.

Examples:

- Individual is rewarded
- Individual is ignored
- Individual is verbally reprimanded (told "no")
- Individual is removed from setting
- Someone laughs
- Someone screams

# How To Change Behavior

There are two ways to change a behavior:

1. Alter the consequences. Utilize positive reinforcement, negative reinforcement, a neutral response (do nothing) or "punishment."
2. Alter the antecedents. This is also called stimulus control. You can change the antecedents so that the behavior does not occur, or you can change the antecedents to encourage a behavior to occur.



# Why do Problem Behaviors Occur?

- **Overstimulation**-This is especially true for students with sensory processing issues, Autism Spectrum Disorder or Attention Deficit Hyperactivity Disorder. Noises, lights etc. in the classroom might be too overwhelming.
- **Undetected Challenges**-Students may act out because they are struggling academically.
- **Boredom**-Material or activity is not challenging enough for students
- **Social Issues**-Students may act out if they feel a lack of connection with peers and teachers.
- **Misbehavior**-Attention Seeking, Avoidance, Power, Revenge
- **Desire to Belong**-Contribute, Connect, Be Capable

# Strategies to Help Behaviors

- Social Stories
- Behavior Charts
- Calming Chair/Area
- Noise-Cancelling Headphones
- Verbally Acknowledge Child's Effort (Verbal Praise)
- Teach child to take deep breaths when upset (Visual Aid to support this strategy)
- Teach child how to problem solve social situations (role play problem situations)

# Tips for Handling Behaviors

- Take a deep breath and try to remain calm
- Try to set a positive tone and model an appropriate response
- Avoid win-lose conflicts (emphasize problem-solving instead of punishment)
- Specifically describe misbehavior (role play ways the situation could have been handled better)
- Avoid power-struggles

# Modeling Appropriate Behavior

- When addressing a problem situation, remember to remain calm.
- Calmly, but firmly explain why the behavior was inappropriate and how to better handle the situation.
- Be mindful of the language you use
- Try not to use sarcasm when handling these situations.

# Behavioral Changes Take Time

- Set realistic goals for behavioral change
- If you are using a behavioral plan, you must be consistent with rewards and consequences
- Make sure consequences are realistic
- Allow at least 21 days before you decide if the behavior plan needs to be adjusted

# Strategies to Use at Home

- Make and keep to a schedule/routine
- Follow Behavior Plan used at school
- If a consequences is given make sure it is realistic and can be followed through with.
- CONSISTENCY IS KEY!

# Reflection-Self Assessment

1. What are 2 of the most **time consuming** behaviors you find yourself dealing with at home with your children?
2. What are 2 of the most **difficult** behaviors you find you must deal with?

Discuss in small/whole group

# Reflection-Self Assessment

Reflect on the current approaches and strategies you currently use to prevent and address behaviors at home.

- List at least 2 ways you currently *prevent* problem behavior.
- List at least 2 ways you currently *address* problem behavior.

Discuss in small/whole group



# Comments/Questions



# Titan Friends of Diverse Learners (KSEPAG)

## Connect with us:

Email address:

[keansburgsepag@gmail.com](mailto:keansburgsepag@gmail.com)

Facebook Page:

<https://www.facebook.com/groups/2849601131978801/?ref=share>

# Next Meeting

May 12, 2021 @ 6:00 p.m.

Caruso Elementary School Media Center

Topic: Safety