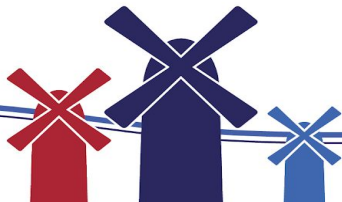




Managing Behaviour Positively

January 2021



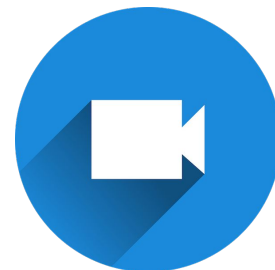
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Contracting



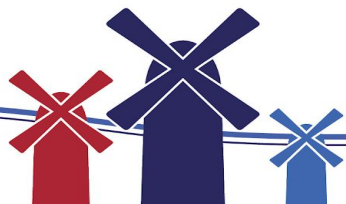
Please keep your microphones on mute, unless speaking to the group.

Please keep your video on if you are able to.



The session is being recorded and will be shared.

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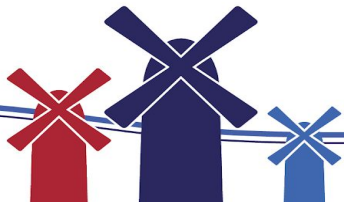


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Aims of the session



1. What is behaviour?
2. Why do children misbehave?
3. Preventative strategies
4. Reactive strategies



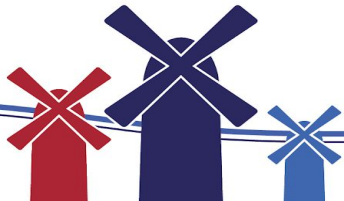
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What is behaviour?



- Behaviour is anything a person does which can be observed.
- Behaviour is learnt (so it needs to be taught).
- Behaviour which is rewarded is more likely to be repeated.
- Behaviour is influenced by what happens before it and what happens after it

(Source: South Eastern Education Library Board, 2006)



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Behaviour is like an iceberg

What we see
(behaviours)

What we don't see
(underlying causes)

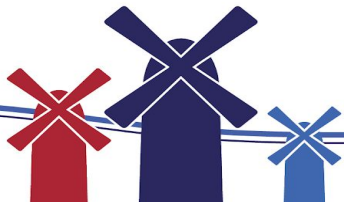
Feelings
Uncertainty
Needs
Thoughts
Overload

Feeling loved/happy/satisfied
Feeling detached/sad/angry
Feeling safe/connected/relaxed
Feeling confused/uncertain/anxious
Am I in control? Can I do this?
Am I valued? Am I included?
Am I understood? Do I matter?
Fears/perceived demands/threats
Sensory/social/processing capacity

What might you do when you feel these things?

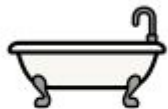
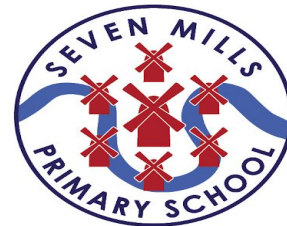


| | | | |
|---------------|-----------------|---------------|-------------------|
| Tired | Sad | Angry | Bored |
| Lonely | Unloved | Hungry | Uncertain |
| Afraid | Stressed | Unsafe | Overloaded |



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Matthew's Toolkit



bath



run



yoga



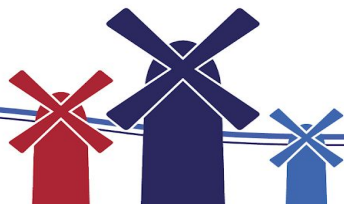
book



call Mum

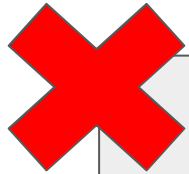


cook

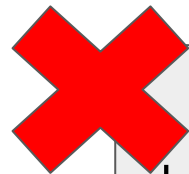


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Why do children misbehave?



Understand how they feel



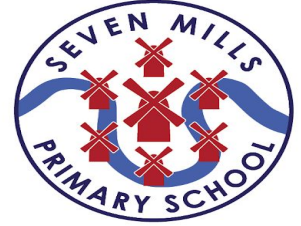
Have a strategy to feel better

Our job as adults is to teach them these skills. This is called **emotional literacy**.



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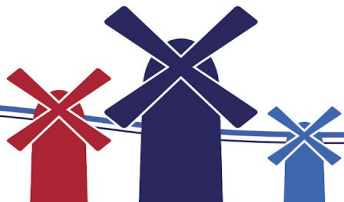
Example 1



Every night, parent tells child it is time to read their book. Child starts to complain and then says that they feel sick. Parent tries to explain that child should read their book, but child insists that they have stomach pain. Parent says "Ok, but we'll try and read again tomorrow."

Does the child understand how they feel?

What is the child's strategy to manage this feeling?



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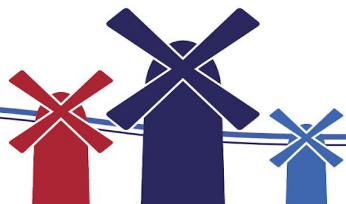
Example 2



Parent is frustrated that their child spends too much time on their games console. Parent has explained this several times, but child keeps spending each night on the games console. One night, parent gets frustrated and switches the console off. Child has a tantrum and shouts at parent.

Does the child understand how they feel?

What is the child's strategy to manage this feeling?

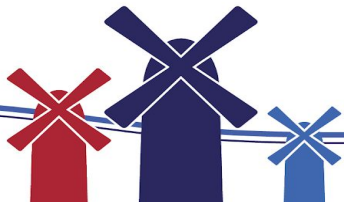


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Building Emotional Literacy



- Give feelings a name without judging ("That sounds frustrating" or "I can see you're feeling angry about...")
- Use stories to teach children about feelings
- Teach children alternative ways to express frustration and anger (counting to 10, lazy 8 breathing, closing your eyes)
- Model behaviour and explain how you feel ("I'm feeling a bit sad at the moment, can I talk to you about this later?")



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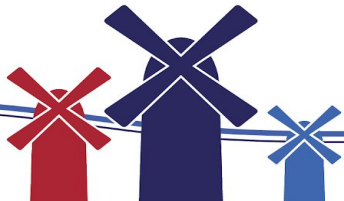
Preventative Strategies - all the time



Predictability

Consistency

Reinforce good
behaviour



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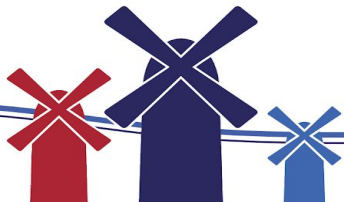
Preventative Strategies - pre-meltdown



"When...
then..."

Give choices

"I can see you
are feeling..."



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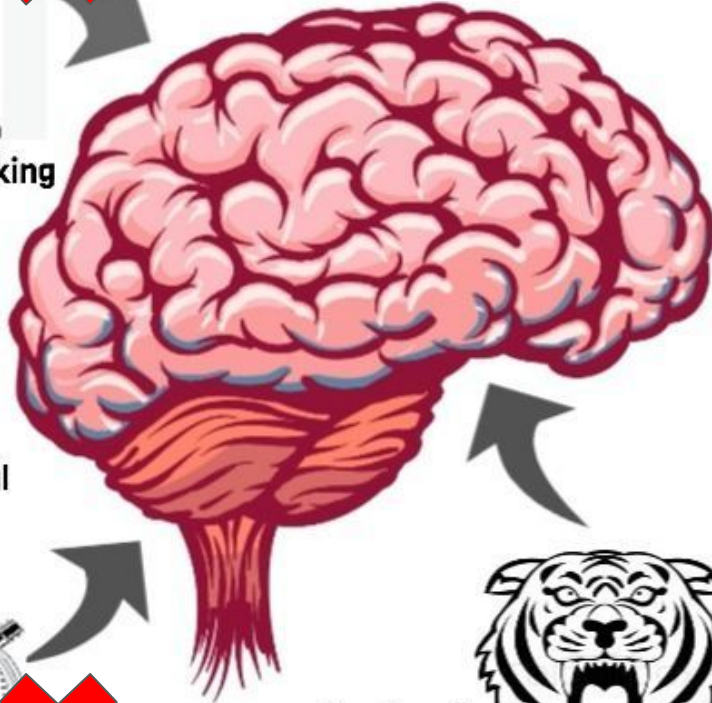
The brain on meltdown...



TherapyBeyondTheCouch.com



Rational thinking



Adjusting physiological needs



Emotional control



Normal Reaction

All the parts work together



Rage Reaction

Tiger takes over the brain - no thinking allowed

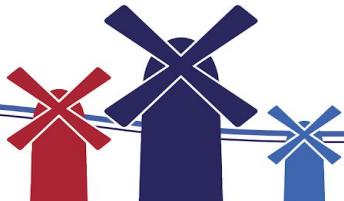


powered

Reactive Strategies: in the moment



- ★ Stay calm - children mirror your behaviour
- ★ Stay quiet - remember the tiger brain
- ★ Offer something sensory (playdough works for Year 6 children!)

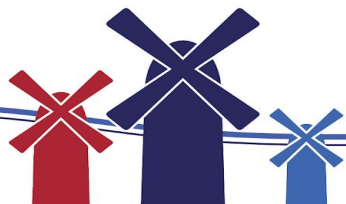


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When they are ready to talk...



- ★ Explain what happened - "I think you felt _____ because _____."
- ★ Explain what to do next time - "If I feel angry, I _____."
- ★ Punish in proportion to the problem

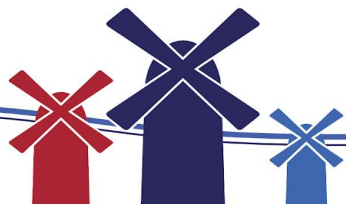


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Questions and Feedback



Feedback survey: <https://forms.gle/PmJSRZPJiJihuJD29>



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