

HELP ME PLEASE:
I'M GOING THROUGH... JUST LIKE YOU!

Embracing Challenges with Empathy and Love

HOW CAN WE EMBRACE CHALLENGES
WITH EMPATHY AND LOVE?

HOW DO YOU RESPOND TO CHALLENGES WITH BEHAVIOR?

Ice-breaker/Introduction

WHAT ARE SOME CHALLENGES THAT YOU FACE IN DEALING WITH BEHAVIOR?

With challenges comes challenging behavior.

Brainstorm challenges you face with behavior.

Don't think about it just start listing your ideas.

BRAIN
STORM!
CHALLENGE

HOW CAN WE DEVELOP THE SKILLS TO NAVIGATE CHALLENGES?

Do the best you can until
you know better.

Then when you know better,
do better.

-Maya Angelou



COMMON EXPLANATIONS FOR CHALLENGING BEHAVIOR

- He just wants attention.
- She's manipulative.
- He's lazy.
- Her brother and sister are just like that.
- His parents are not involved at all.
- He has...



LAGGING SKILLS

 Difficulty handling transitions

 Difficulty managing an emotional response to frustrations

 Difficulty expressing concerns

 Difficulty handling unpredictability or ambiguity

 Difficulty empathizing with others

 Difficulty persisting through a challenge

 Difficulty maintaining focus

WHAT IS ONE SKILL THAT YOU WOULD
LIKE TO DEVELOP IN ORDER TO BE ABLE
TO RESPOND TO CHALLENGING BEHAVIOR
MORE EFFECTIVELY?

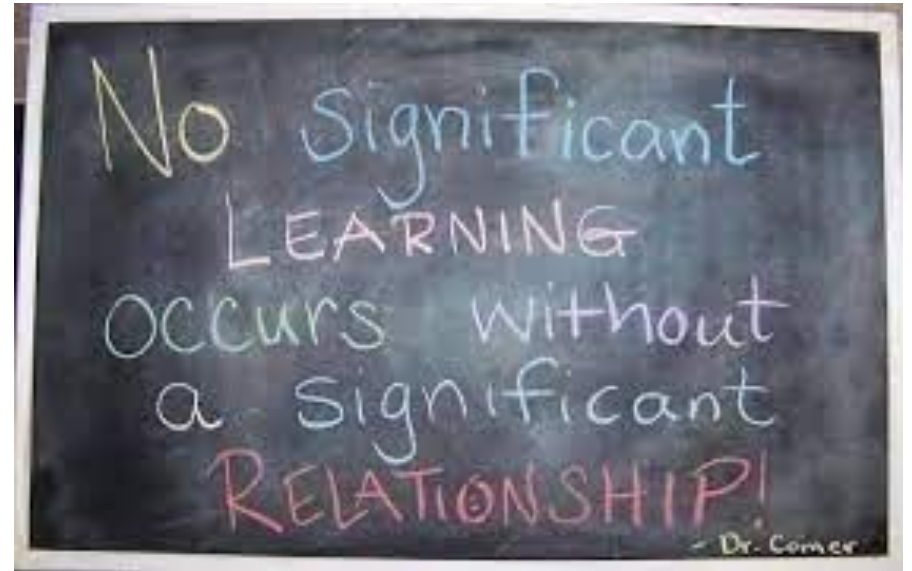
EXAMPLES OF SKILLS

- Patience
- Listening
- Communication(verbal/non-verbal)
- Handling Change
- Managing Emotions
- Processing information



PREVENTATIVE TECHNIQUES

- Build positive relationships through trust and rapport.
- Recognize patterns in order to remove triggers.
- Implement a management plan in order to feel less anxious.
- Teach social skills and coping strategies.



DE-ESCALATION STRATEGIES

Be intentional about your first response.

Most communication is non-verbal so certain gestures should be avoided.

Remember that tone, volume, and rate can convey different messages.

Watch your position to avoid a toe-to-toe with students.

Provide the student with your undivided attention.

Restate and ask for clarity in order to connect the behavior and emotions.

Remain respectful and non judgemental.

Use the students' name and try to draw from the relationship that is established.

SETTING UP STRUCTURES AND A COMMON LANGUAGE: THE 4D APPROACH

REFLECTION

What is working for me?

What did I learn?

What can I try?

