

Behavior Blast Newsletter

Your quick guide to understanding behaviors

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Behavior is Communication

- Behavior is purposeful and an attempt to solve a problem
- Take a step back and try and figure out what the student is trying to communicate

Problem behaviors are a symptom of an underlying cause

- Students would behave if they could
- Behavior is a symptom of an underdeveloped skill
- Behavior is a sign the student cannot cope or are stuck in their current situation

Behaviors occur in patterns

Look for patterns in behavior

- Time of day
- Activities
- People

Every behavior has “bookends” – environmental variables that occur BEFORE the behavior occurs and the environmental variables that occur AFTER the behavior occurs

- Teacher/student responses
- Escape/avoidance of current activity/assignment
- Access to preferred activity/item

The only behavior you can control is your own

- Look at how we can change our own behavior to better interact and guide our students
- Alter interactions with students to engage the students in a more productive manner.

Behavior can be changed

- Behavior change takes time
- Behavior change takes patience
- Students who have been engaging in maladaptive behaviors for numerous years will require adequate time to learn the necessary skills and replacement behaviors

It's all fun and games until someone figures out the function of your behavior.



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