EduPOP!
Training Learning & Consulting Services



Rooted Adults, Growing Children

Modeling Positive Behavior Support in an Ever-Changing Environment

-centered strategies

- Presence
- Connection
- Mindset











What’s one common behavior challenge you’ve noticed recently?

ALL BEHAVIOR is COMMUNICATION

I don't get to run around at home.



I don't feel safe here yet.



I saw something on the news that scared me.



I had a really hard morning.



If I give it to you, I'm afraid you won't give it back.



Understanding behavior: 3 year olds



- Tantrums and meltdowns. More verbal as language develops
- Aggressions- some hitting and biting
- Lying
- Picky eating
- General stubborness
- Interrupting
- Easily distracted
- Average attention span of 6-8 minutes
- Still learning to play with their peers and may prefer to play alone
- Sharing and turn-taking cannot be expected at all times
- Can generally follow 2-3 part instructions

Understanding behavior: 4 year olds



- Still having tantrums when they don’t get their way
- Still some hitting and playing rough
- Still lying
- Still picky eating
- Still stubborn
- Still interrupting
- Easily distracted

- Average attention span of 8-12 minutes
- Should now be able to take turns and share
- Can generally follow 4-5 part instructions
- Attitude and ignoring

Understanding behavior: 5 year olds



- More impulse behavior ie: saying mean things
- Bold defiance
- Still lying
- Still picky eating
- Still interrupting
- More attitude and ignoring
- Should be able to take turns and share
- Average attention span of 12-18 minutes
- Can generally follow 4-5 part instructions

Did any of those surprise you?



What else is going on?

Maslow's Hierarchy of needs

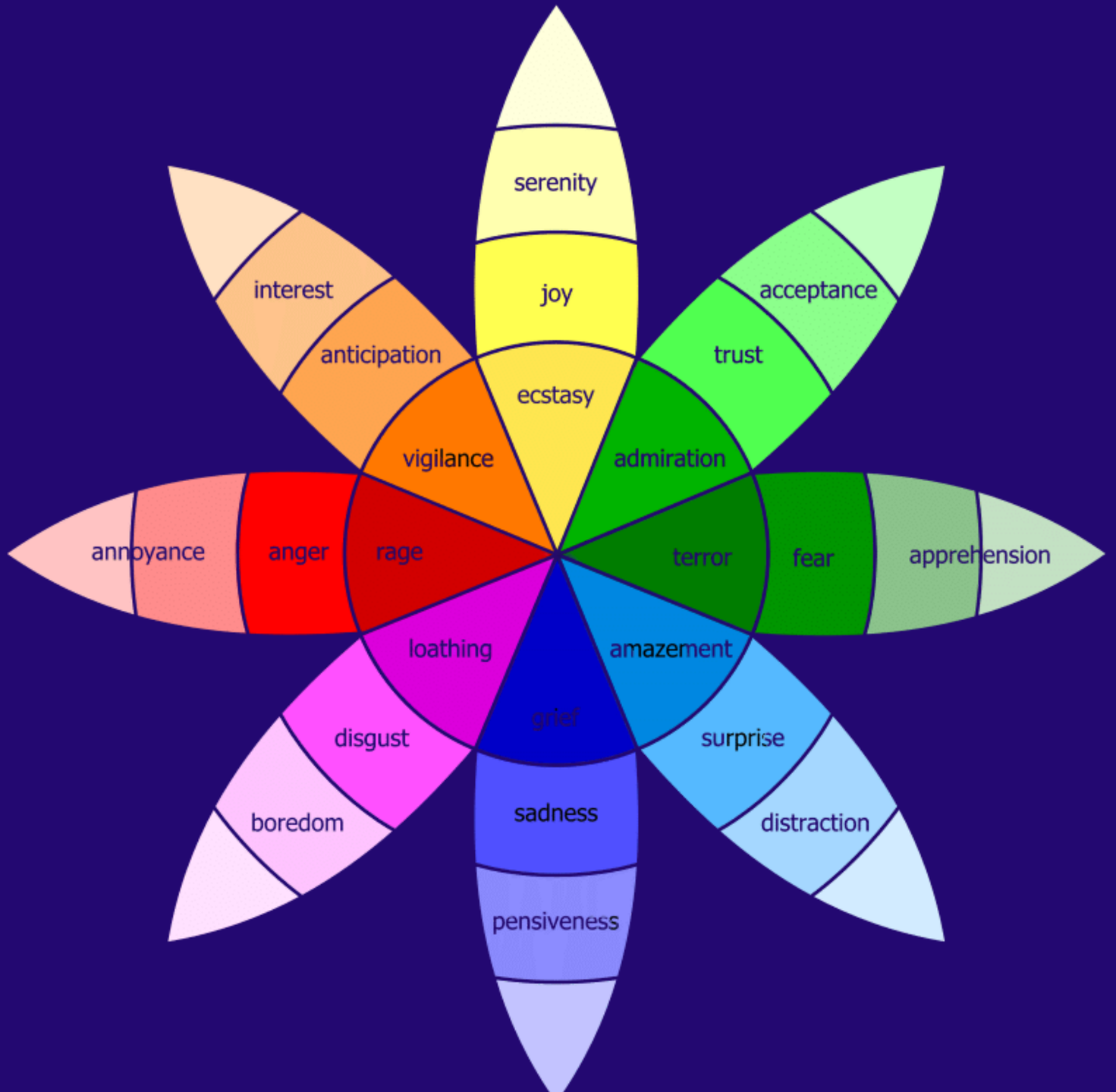




The ADULT Role

How do I show up in the classroom or at home?

What energy do I bring with me?



Plutchik's Wheel of Emotions

Try this 4 step reflection...

1. 

   Acknowledge how you're feeling.

2. 

   Label it accurately.

3. 

   Think about what triggered it.

4. 

   Choose a calming strategy.



1 Minute breathing exercise

- Close your eyes (if you can).
- Enhale through your nose for 4 seconds and hold your breath.
- Exhale through your mouth for 4 seconds.
- Repeat over and over until you can feel your heartbeat calming.

...

We don’t have to be perfect.

We just have to be aware and intentional.


CONNECTION

Social-emotional Foundations for Early Learning (SEFEL) Pyramid Model



The SEFEL Pyramid developed by CSEFEL and TSCSEI



Little things make a big impact

- Greet children by name
- Post their artwork
- Share stories and songs from their home culture
- Ask them questions about their daily lived experiences
- Follow their lead during play
- Send a quick positive note home



What’s one thing you do to help children feel connected?



Proactive Behavior Support Tools

Proactive Behavior Support Tools



Visual Supports



Proactive Behavior Support Tools

Transition warnings



Proactive Behavior Support Tools

Providing choices



Proactive Behavior Support Tools

Descriptive praise



Proactive Behavior Support Tools

Positive Reinforcement

...

Start small.

Pick one or two and try them consistently.

Reflection and action

Most likely, you are already doing great things to support positive behavior

Celebrate your “always” practices. What are 3 things you already do to support positive behavior?

1. _____

2. _____

3. _____



Reflection and action

What’s one new thing you’ll try this week?

