



# STRATEGIES FOR CHALLENGING BEHAVIOR

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# 10 Reasons Kids and Teens Show Challenging Behaviors

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- 1 They don't understand the academic content.
- 2 They are coping with trauma. 
- 3 They don't understand the rules or expectations.
- 4 They didn't get enough sleep.
- 5 They are dealing with stress in their personal life.
- 6 They are hungry or thirsty.
- 7 They don't want to look "stupid" in front of peers.
- 8 They are seeking connection.
- 9 They are having a tough day.
- 10 They don't have the skills to do what you are asking them to.

The image features a light gray background with a subtle gradient. In the corners, there are several realistic-looking water droplets of various sizes, some with highlights and shadows, giving them a three-dimensional appearance. The text is centered and reads:

**LETS TALK  
STRATEGIES.....**

# **BE CLEAR WITH EXPECTATIONS AND BE CONSISTENT**

- DISCUSS EXPECTATIONS FOR THE CLASSROOM, HALLWAY, LUNCHROOM, ETC
  - DISCUSS THEM OFTEN
  - CREATE VISUALS IF NEEDED
- BE CONSISTENT WITH EXPECTATIONS WHETHER IT'S THE FIRST DAY OF SCHOOL OR THE DAY BEFORE A BREAK

# **BUILD STRONG RELATIONSHIPS**

- GET TO KNOW THE STUDENT ON A PERSONAL LEVEL
  - ASK ABOUT THEIR FAVORITES
  - DREAMS FOR THE FUTURE
- LET THEM ASK YOU APPROPRIATE QUESTIONS ABOUT YOURSELF

# QUESTIONS TO HELP BUILD RELATIONSHIPS...

1. What three words best describe you?
2. What things would a good friend say about you?
3. Where did you grow up? Tell me about it.
4. What is your family like?
5. What is a special memory you have with your family?
6. What are five compliments you would give yourself?
7. What makes you unique?
8. What is something interesting about you that most people don't know?
9. What talents or special abilities do you have? Tell me about them.
10. If you were a superhero, what would your name and special powers be?
11. If you were a color, what would you be and why?
12. What is something that people sometimes misunderstand about you?
13. What's your favorite animal?
14. If you could change one thing about yourself what would it be? Why?
15. If you could eat lunch with anyone, living or deceased, who would it be and why?
16. Who is someone important in your life?
17. What's your favorite sport to play?
18. What's your favorite sport to watch?
19. Would you rather play sports or watch them?
20. If you could add an extra class, what would it be and why?
21. What do you want to do when you're older?
22. What do you hope to be like in 10 years?
23. What do you think your best quality is?
24. What is something that always makes you laugh?
25. Who is someone who can always cheer you up?
26. If you were an animal, what would you be and why?
27. Do you have an animal? Tell me about him/her.
28. If you could have any animal, what would it be and why?
29. When was a time you were really proud of yourself?
30. What's something that's really difficult for you?
31. If you had a magic wand, what would you make happen?
32. If you had only three wishes, what would they be?
33. What is something you'd love to learn more about?
34. What's your favorite part of school?
35. What three places would you love to travel to?
36. Who is your best friend? Tell me about them.
37. What is a fun memory you have with your best friend?
38. Who is a family member that you love? Tell me about them.
39. What is something most people love but you hate?
40. What is your biggest pet peeve? Why?
41. If you were ruler for a day, what would you do?



42. If you could go back in time, what advice would you give yourself?
43. What would your perfect day look like? What would you do?
44. What is a big dream or goal you have for the future?
45. What activities do you love doing after school?
46. What clubs or after school activities are you involved in?
47. What are your three favorite hobbies?
48. If you could create an after school club, what would it be and why?
49. Would you rather be with a big group of friends or just a few? Why?
50. If you could change the world, what would you do?
51. What places have you traveled to before? Which was your favorite?
52. What did you do on your last vacation? Describe it.
53. What is your favorite food? What do you love about it?
54. What is the weirdest thing you've ever eaten?
55. Where are your favorite places to eat?
56. What kind of music do you like? Tell me about some artists or songs.
57. What is your favorite season? What do you like about it so much?
58. What was the last book you read? Would you recommend it? Why or why not?
59. If you could meet a character from a book, who would it be and why?
60. What is your favorite movie or show? Tell me about it.
61. Do you prefer books or movies? Why?
62. What is a big fear of yours?
63. What is something you used to be scared of but aren't anymore?
64. What are you thankful for in your life?
65. What was the best gift you've ever received? Tell me about it.
66. What was the best gift you've ever given? Explain.
67. What musical instruments do you play or would like to play?
68. What was the best day of your life so far? Tell me about it.
69. What are three things you love about yourself?
70. When was a time you were disappointed? How did you deal with it?
71. When was a time you were really excited? What did you do?
72. What are five qualities you want your friends to have?
73. What are three things you couldn't live without?
74. What item is your most cherished possession? Why?
75. If you made a soundtrack to your life, what songs would be on it?
76. If you could improve yourself, what things would you change?
77. Who is the most important person in your life? Describe them.
78. If you could meet anyone famous, who would it be and why?
79. What awards or contests have you won? Describe them.
80. When you are having a tough day, what things do you do to feel better?
81. If you could invent your own holiday, what would it be?
82. What is your favorite holiday? Why?



# INCORPORATE INTERESTS

- WHEN POSSIBLE INCLUDE STUDENTS INTERESTS INTO LESSONS AND ACTIVITIES IN THE CLASSROOM
  - EXAMPLE: WRITING ASSIGNMENT (FAVORITE VIDEO GAME OR SPORT)

# TEACH THEM SOCIAL SKILLS

- STUDENT STRUGGLES DURING GROUP WORK OR STUDENT INTERRUPTS OFTEN
  - STUDENT MAY BE LACKING SOCIAL SKILLS
    - WORK WITH THAT STUDENT IN THE MOMENT
    - HELP COACH THEM ON APPROPRIATE RESPONSES
    - PROMPT THEM TO RAISE THEIR HAND
    - HELP THEM PROBLEM SOLVE

# TEACH AND PRACTICE COPING SKILLS

- HELP MANAGE STRESS AND TOUGH EMOTIONS
  - PROMPT THEM TO USE A SKILL
  - IDENTIFY TRIGGERS
  - VISUALS IF NEEDED
  - ESTABLISH A COOL DOWN AREA
  - CREATE A FIDGET BASKET
  - PRACTICE POSITIVE SELF-TALK

# LIST OF COPING SKILLS

## EXAMPLES OF COPING STRATEGIES:

1. Take deep breaths
2. Do a positive activity
3. Play sports
4. Think of something funny
5. Take a quick walk
6. Practice yoga
7. Stand up and stretch
8. Listen to music
9. Take a time out
10. Slowly count to ten
11. Use positive self-talk
12. Say something kind to yourself
13. Talk to a friend
14. Talk to an adult
15. Close your eyes and relax
16. Say, "I can do this"
17. Visualize your favorite place
18. Think of something happy
19. Think of a pet you love
20. Think about someone you love
21. Get enough sleep
22. Eat a healthy snack
23. Read a good book
24. Set a goal
25. Jog in place
26. Write in a journal
27. Hum your favorite song
28. Doodle on paper
29. Draw a picture
30. Color a coloring page
31. Clean something
32. Meditate
33. Use a stress ball
34. Dance
35. Write a letter
36. Look at pictures you've taken
37. Make a gratitude list
38. List your positive qualities
39. Do something kind
40. Give someone a hug
41. Put a puzzle together
42. Do something you love
43. Build something
44. Play with clay
45. Hug a stuffed animal
46. Rip paper into pieces
47. Play an instrument
48. Watch a good movie
49. Take pictures
50. Garden
51. Write a list
52. Keep a positive attitude
53. Schedule time for yourself
54. Blow bubbles
55. Write a positive note
56. Chew gum
57. Paint your nails
58. Write a story
59. Blog
60. Read a joke book
61. Write a poem
62. Drink cold water

## EXAMPLES OF COPING STRATEGIES:

63. Draw cartoons
64. Read a magazine
65. Write a thank you note
66. Count to 100
67. Make a list for the future
68. Read inspirational quotes
69. Compliment yourself
70. Visualize a stop sign
71. Laugh
72. Smile in the mirror
73. Smile at others
74. Do schoolwork
75. Look at animal pictures
76. Hyperfocus on an object
77. Notice 5 things you can see
78. Paint with water colors
79. Use a relaxation app
80. Watch a funny video
81. Drink some tea
82. Cook or bake
83. Plan a fun trip
84. Use an I-statement
85. Identify your emotions
86. Express your feelings to someone
87. Write down your thoughts
88. Identify a positive thought
89. Make your day's schedule
90. List 10 positives about you
91. Ask yourself, "What do I need right now?"
92. Tell someone you are thankful for them
93. Pet an animal
94. Make a list of choices
95. Ask an adult for help
96. Organize something
97. Play a card game
98. Listen to nature sounds
99. Sit and relax all your muscles
100. Ask for a break

# CONSIDER ACCOMMODATIONS

- IEP AND 504 STUDENTS HAVE ACCOMMODATIONS, MAKE SURE YOU HAVE A COPY OF THEM
  - GEN-ED STUDENTS CAN BENEFIT FROM ACCOMMODATIONS ALSO
- EXAMPLES OF ACCOMMODATIONS
  - SIT NEAR TEACHERS DESK, AWAY FROM DISTRACTIONS
  - PROVIDE COPY OF TEACHER NOTES
  - SIT NEAR POSITIVE PEERS
  - ALLOW FOR BRAIN BREAKS

# CONSIDER HEALTH AND WELLNESS NEEDS

- ARE THEY HUNGRY: **GET THEM A SNACK**
- ARE THEY TIRED: **GIVE A BREAK**
- ARE THEY SICK: **TALK TO SCHOOL NURSE**
- WAS THERE AN ISSUE AT HOME THE EVENING BEFORE OR THAT MORNING

The background features a light gray gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

**QUESTIONS...**  
**THOUGHTS...**  
**COMMENTS...**

**THANK YOU!!**