Why is this happening? A New Way of Looking at Behavior
Description: Together we will look underneath disruptive behaviors to find the root causes and to better understand why they happen. We will develop a sense of empathy as well as a new lens to look through when observing behaviors that we find stressful. Everyone will leave with at least two new tools to use with children.

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Session Resources

Behavior Question Checklist

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Behavior Question Checklist

When facing a challenging behavior, reflect upon the following questions to help guide you toward the most effective tool to try first

1. **Is there a sensory or physical component to this behavior?**
   - Is it possibly too bright, loud, crowded, or overstimulating in this space? Could a break help?
   - Does the child seem to be seeking sensory input that I should be providing?
   - Is the child simply hungry, tired, or not feeling well?

2. **Could I be using non-verbal communication or visuals to relay information instead of saying everything verbally right now?**
   - Is it possible the child is having difficulty processing my words and is feeling overwhelmed?
   - Is it possible the child is feeling frustrated over not being able to communicate needs and wants and would benefit from using a visual?

3. **What interests or abilities does the child have that can be used right now to redirect, motivate, encourage, or build self-esteem?**

4. **Does the child just need to feel heard?**
   - Can I validate the frustration or intense feelings that are being displayed as a way to show my support and not escalate the situation?
   - Can I offer tools for releasing emotions safely, such as a ball to squeeze, a pillow to punch or papers to shred, and model how to use these tools as I sit with the child?

5. **Is the child looking for attention?**
   - Can I create a moment where the child has an opportunity to do the right thing so I can notice and compliment the behavior?

6. **Is the child looking for control?**
What job, special opportunity to help, or choice can I offer so the child feels empowered, important and more in control?