

Short and Snappy Session

Supporting Positive Behavior

Activity—Part 1

Have the group brainstorm some challenging behaviors that occur in their programs. Some typical responses include bullying, not listening, non-participating, etc.

Write the behaviors on the left side of the blackboard or easel.

Once the group has come up with a list of challenging behaviors, tell them it is good to get these behaviors out in the open and that you will be coming back to this list in a few minutes.

The What and Why of Behavior

All behavior has a purpose—Children do not misbehave for “no reason” and actions often communicate what we feel or want.

Behavior is communication - Try to figure out what this behavior is trying to communicate. Is the child hot, cold, bored, frustrated, sick, scared or tired?

Help the child find a replacement behavior - The behavior should only be replaced with another what it is inappropriate and causing the child’s relationships to suffer.

Examples: Screaming could be replaced with foot stomping

Flapping hands does not need a replacement behavior if not bothering anyone. If others are being hit in the process, this behavior should be modified.

Activity—Part 2

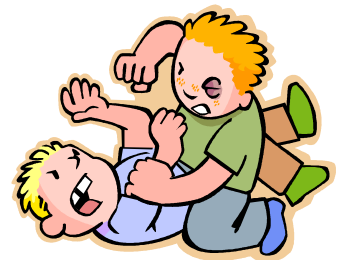
Return to the list of challenging behaviors. Add a column with the heading “Reframed Behaviors.”

Help the audience come up with a more positive term for each behavior (ex: aggressive to assertive).

Now that these challenging behaviors have been reframed; it will become more clear how we can help this child be more successful in expressing themselves. For example, you could give a child that has been bullying others a leadership role to see if it helps her use her potential leadership skills in a positive way.

What’s a Short and Snappy?

- ◇ Short training/information segment provided as a Community Meeting.
- ◇ Any Community Learning Coordinator or interested volunteer may lead a short and snappy.
- ◇ Short and Snappies are 15–20 minutes in length.



A few things that influence behavior are ...

- ◇ Temperament—energy level, adaptability, approach
- ◇ Environment—physical, sensory, social emotional stability
- ◇ Health conditions
- ◇ What is happening at home

What You’ll Need for This Snappy:

- ◇ Leaders
- ◇ Moderator
- ◇ Resources needed: blackboard or flip chart, markers or chalk
- ◇ 15-20 minutes