

CHALLENGING BEHAVIORS AND PROSOCIAL SKILLS

DID YOU KNOW?



Children communicate through behaviors until they learn to express their wants and needs with words.

Prosocial behaviors like sharing teach self-control and problem-solving skills.

Emotion words help manage feelings which reduces challenging behaviors.

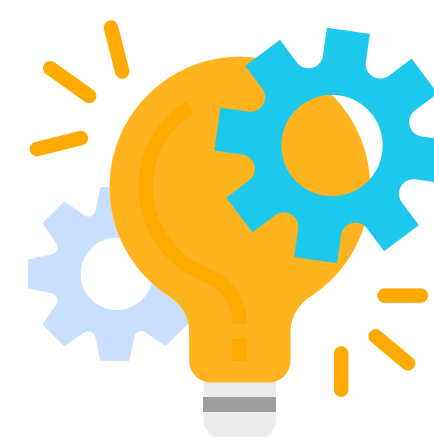
Routines help minimize distractions that often lead to outbursts.

Self-regulation involves calming down to handle frustration without outbursts. Children learn self-regulation from observing adults.

Trauma can make learning and relationships difficult including self-regulation.

Behavior Plans address challenging behaviors using strength-based interventions.

How do you manage challenging behaviors in the classroom?



REFLECT ON THIS...

START YOUR JOURNEY!



Make sure you are calm before supporting children.

Practice labeling emotions using mirrors, gestures, and visuals cards.

Teach self-regulation with mindfulness strategies (e.g., counting, deep breaths).

Teach new ways to behave using role play, stories, and modeling.

Redirect using minimal attention, discussion, and emotion.

Praise children when they engage in desired behaviors.

Recommended Material(s): See My Feelings Mirror, Turtle Hand Puppet, Best Behavior Book Series

Watch our Challenging Behaviors and Prosocial Skills Videos and...



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REMEMBER TO RELAX, REFLECT, AND THEN RESPOND