

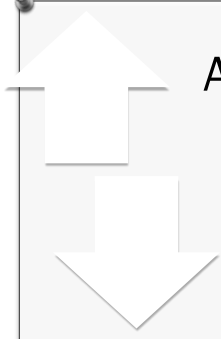
Between a Rock and a Calm Place:

Practical School Interventions for Students with Anxiety-Related or Oppositional Behavior

By Jessica Minahan, M.Ed, BCBA

SOS tips for teachers

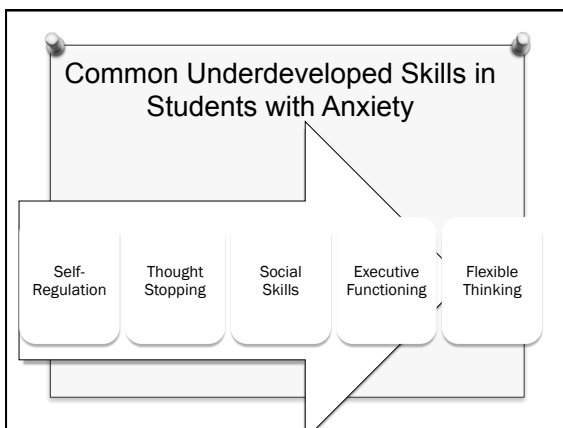
- Misbehavior is a symptom of an underlying cause
She can't vs. She Won't
- Behavior is communication
- Behavior has a function
- Behavior occurs in patterns
- The only behavior an adult can control is her own
- Behavior can be changed

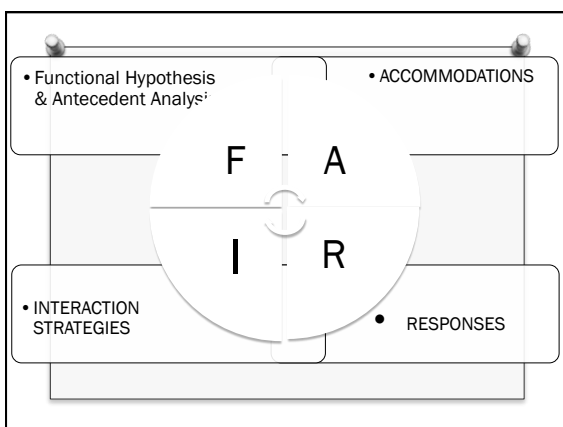


Anxiety

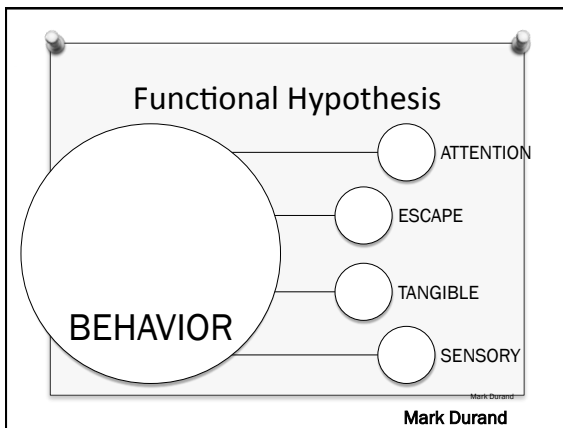
Working Memory

Traditional Behavior Plan												
Activity	Following Adult Directions			Using School Language			Using a Safe Body					
Morning Meeting	1	2	3	1	2	3	1	2	3			
Math	1	2	3	1	2	3	1	2	3			
Reading/Writing	1	2	3	1	2	3	1	2	3			
Science	1	2	3	1	2	3	1	2	3			
Lunch	1	2	3	1	2	3	1	2	3			
Recess	1	2	3	1	2	3	1	2	3			

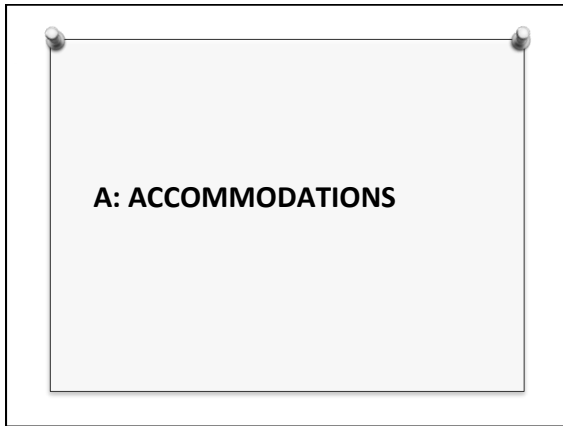


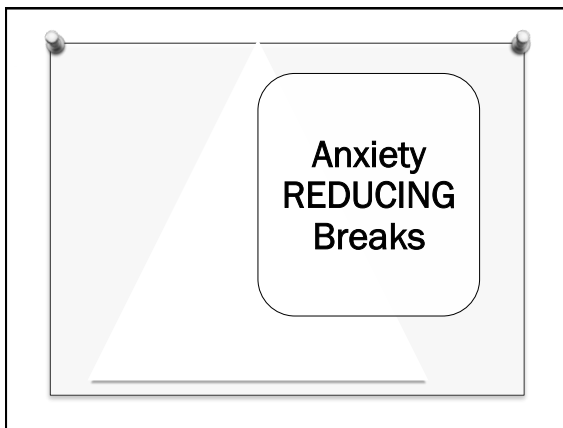


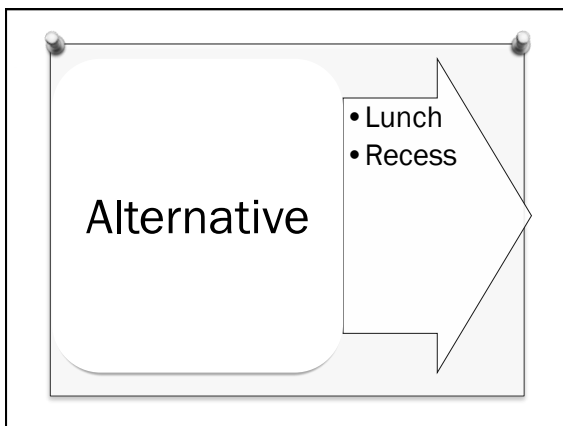
F: FUNCTIONAL HYPOTHESIS AND ANTECEDENT ANALYSIS

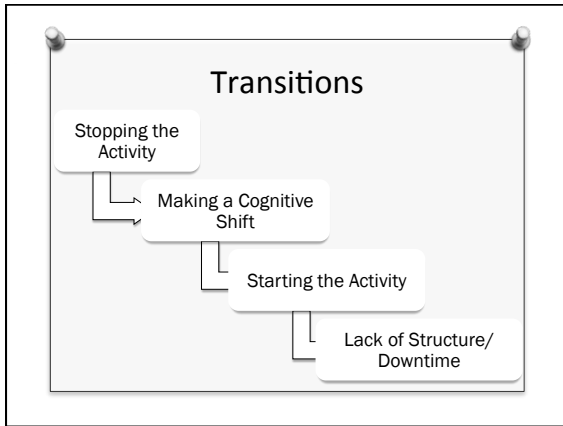


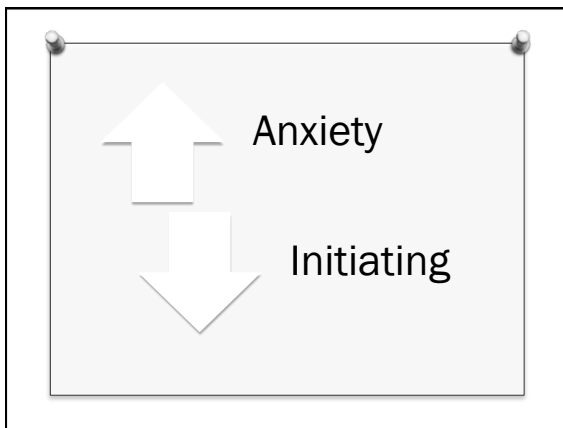
Date	Activity	Setting Events	A	B	C

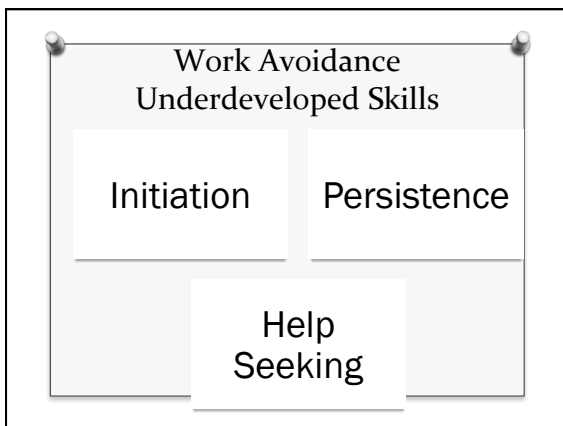


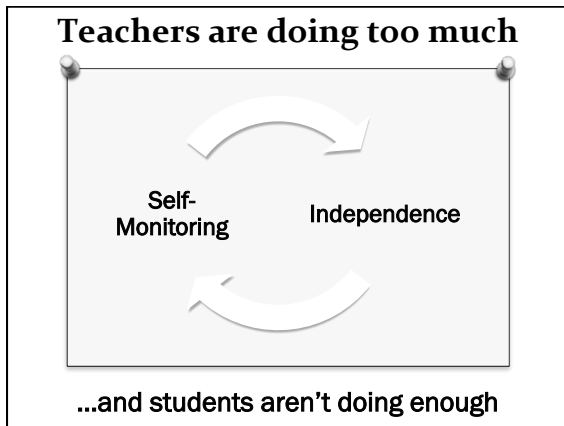


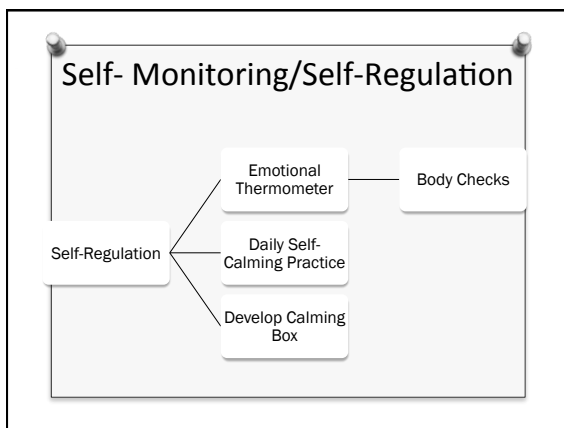


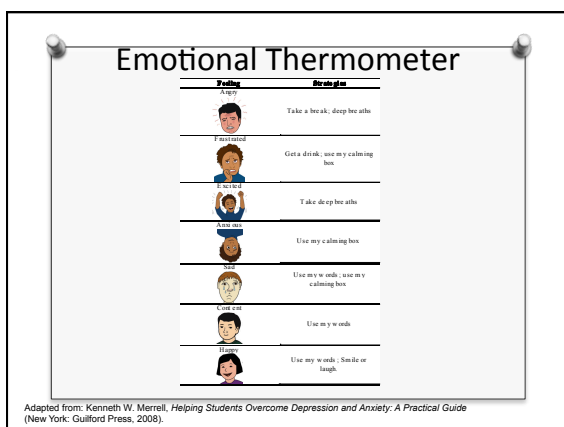






















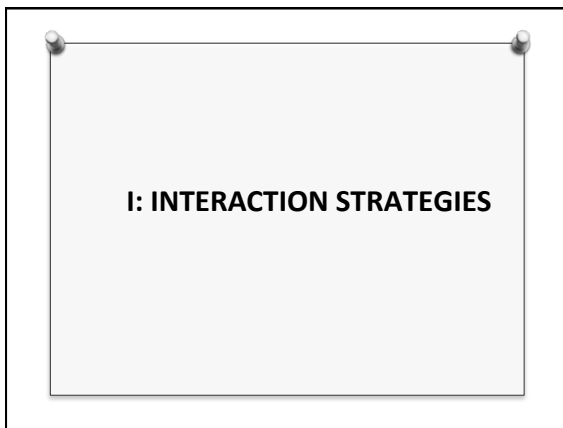
Self-Regulation Apps

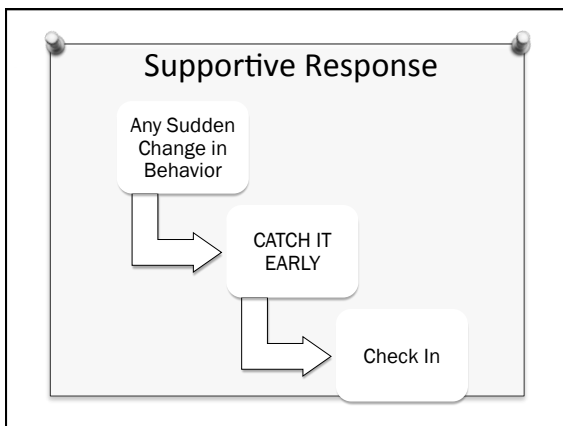
- o Sosh lite
- o At Ease
- o Calm Counter
- o Stress Tracker
- o DBT
- o iCouch CBT

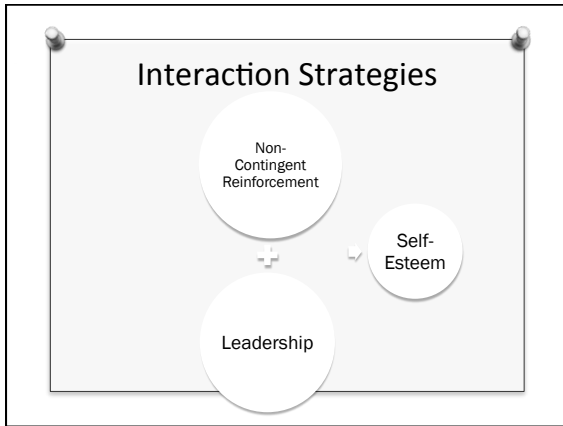
BEFORE	AFTER
5	4
5	3
5	4
5	2

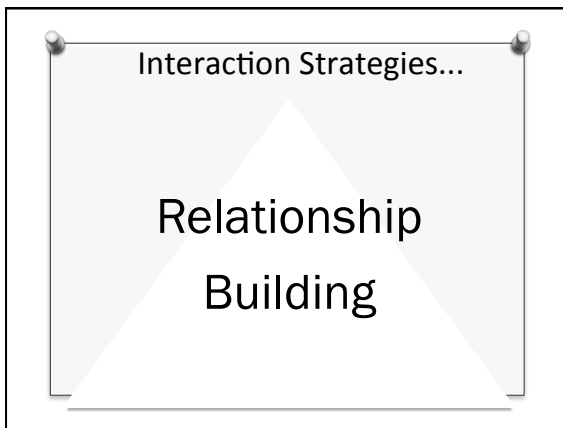
PARTS OF WRITING...	STRATEGIES...	USED?
THINKING OF AN IDEA	1. Look in a book 2. Look at my writing idea list 3. Look at photographs 4. Computer picture help	
ORGANIZATION	1. Graphic organizer for paragraph 2. Graphic organizer for sequencing	
SPELLING	1. Frequently used words card 2. Stickie note help 3. Tap out the words	

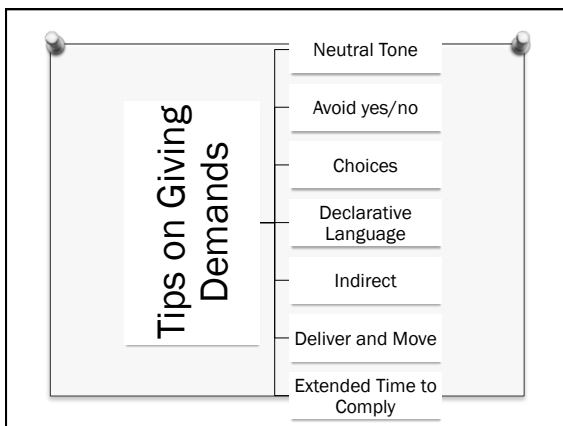
I like it!	OK	I don't like it!
		
Drawing 	Using punctuation ! . ?	Thinking of an idea 
Listening to a teacher read my story 	Writing lowercase letters a b c d e	Spelling 
Coloring 	Writing more than one page 	
	Making a mistake 	

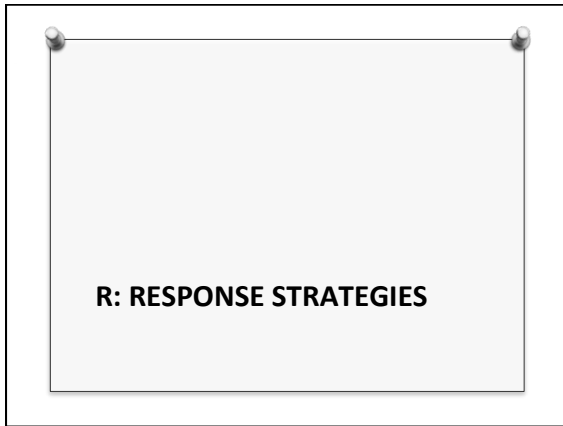


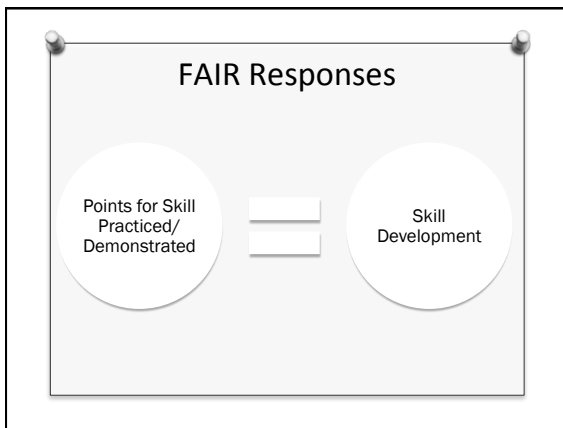












Contact Info:

Website: www.jessicaminahan.com

Twitter: @jessica_minahan

Facebook: www.facebook.com/TheBehaviorCode

HuffingtonPost: www.huffingtonpost.com/jessica-minahan/
