Anticipating difficult times

Encourage "on task" behaviour through clear routines and systems:

- Recognise, remove, or minimise things that can cause distress.
- Give clear and consistent instructions and approaches to work.
- Give reminders about self-management strategies, such as taking a break.
- Reduce negative behaviour by distracting the student or re-engaging them in another activity.
- Check whether medication may be influencing behaviour (it may, for example, have worn off).
- Learn to recognise signs that a student's behaviour is escalating, use verbal messages or cues to help calm them, and alternative calming activities.
- Ignore minor examples of poor behaviour, especially if the student is following instructions.
- Stand in close proximity to the student as a way of moderating off-task activities.

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