

Strategies that meet student needs

The way we respond to a behaviour has a significant impact on the occurrence of the behaviour. Identify strategies to implement that meet the student's needs and lead to positive behavioural change.

This could include:

- ✓ removing or decreasing the antecedent event, where possible
- ✓ encouraging the use of a personal management strategy, for example, take a walk or a break in a quiet space
- ✓ modifying a task to prevent a particular behaviour – identify student preferences and modify a task so that it incorporates student interests
- ✓ changing task difficulty
- ✓ teaching alternative behaviours that meet the same purpose, for example, if the purpose of the behaviour is to avoid doing something difficult, teach strategies for managing the task or ways the student can make the task less difficult
- ✓ changing how instructional content is presented, for example, present a variety of brief activities instead of one longer task
- ✓ increasing opportunities for choice
- ✓ providing predictability to reduce anxiety and stress, for example, display daily schedules on a visual calendar, model new tasks, and rehearse upcoming events.

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