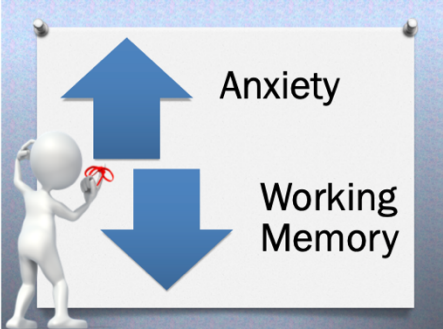
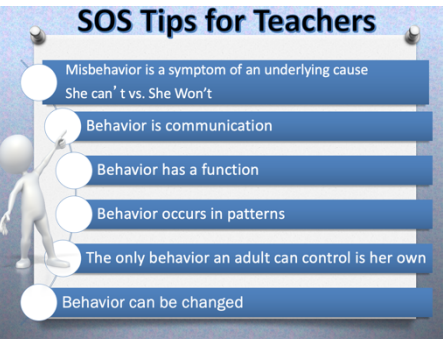
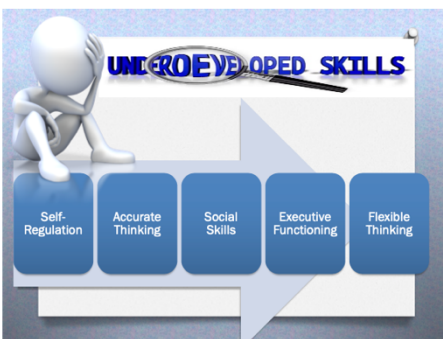
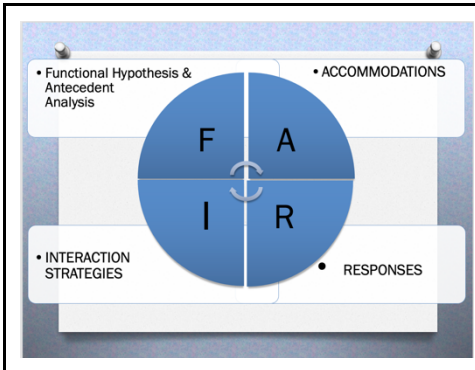


Practical Strategies to Reduce Anxiety and Challenging Behavior in Students

by Jessica Minahan, PhD, BCBA

author of [The Behavior Code](#) and [The Behavior Code Companion](#)

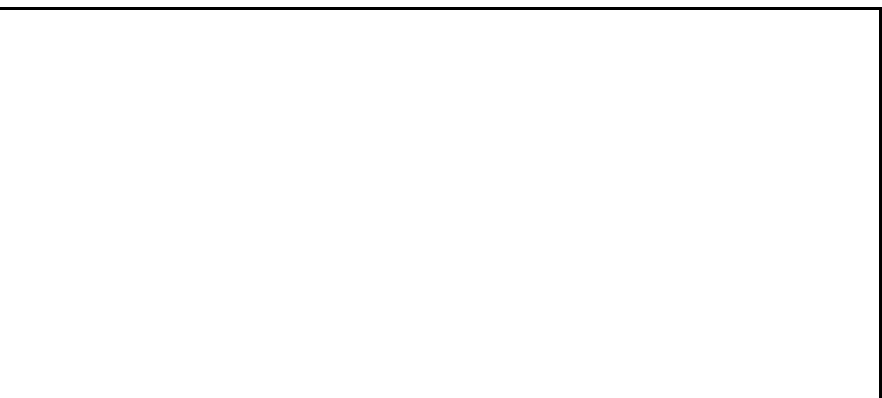
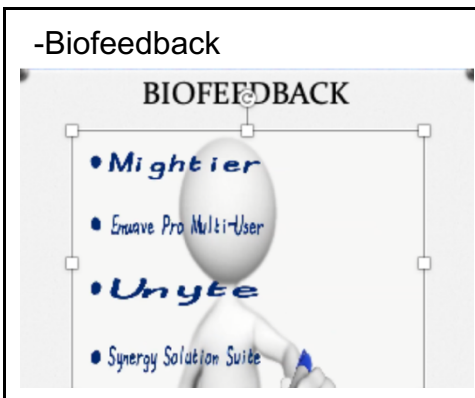
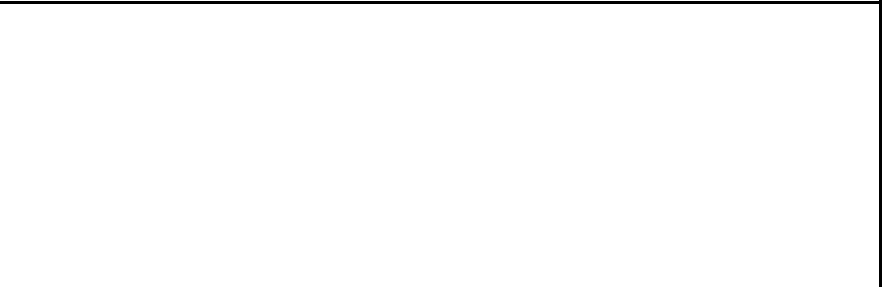
 <p>A diagram showing two large blue arrows pointing in opposite directions. The upward arrow is labeled 'Anxiety' and the downward arrow is labeled 'Working Memory'. A 3D white figure stands to the left, holding a red scissors icon.</p>	
 <p>SOS Tips for Teachers</p> <ul style="list-style-type: none">Misbehavior is a symptom of an underlying cause She can't vs. She Won'tBehavior is communicationBehavior has a functionBehavior occurs in patternsThe only behavior an adult can control is her ownBehavior can be changed	
<p>Why incentives may not be working</p>	
 <p>UNDERDEVELOPED SKILLS</p> <p>A 3D white figure sits on a large blue arrow pointing right. Below the arrow are five blue boxes containing the following skills: Self-Regulation, Accurate Thinking, Social Skills, Executive Functioning, and Flexible Thinking.</p>	



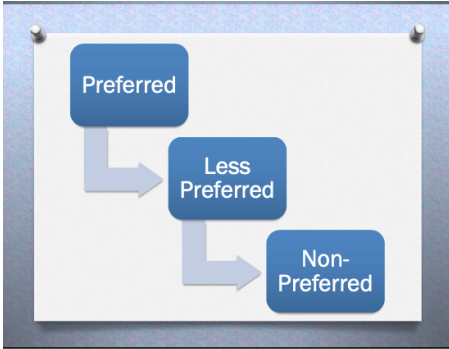
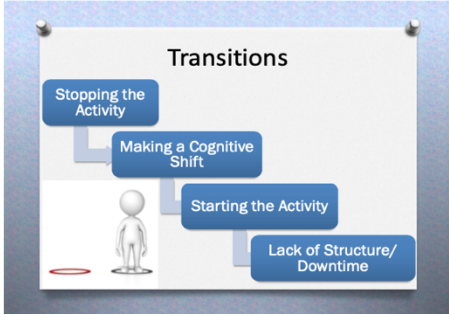
Maintaining Connections

School Resources:
<https://bit.ly/MINAHANJ>

Why traditional breaks may not be helpful



Transitions















Self-Regulation Apps

- o Calm
- o Headspace
- o Moodnotes (not free)
- o Moodpath
- o Pacifica
- o Pixel Thoughts
- o SuperBetter (game to teach resilience)
- o 7 Cups
- o Anxiety Relief Hypnosis
- o Happify
- o Talkspace


Reducing Inaccurate Thinking Toward Writing Tasks

BEFORE	AFTER
5	4
5	3
5	4
5	2

PARTS OF WRITING	STRATEGIES...	USED?
THINKING OF AN IDEA	<ol style="list-style-type: none"> 1. Look at photos in a book 2. Look at my writing ideas list 3. Look at photographs 4. Computer picture help 	
ORGANIZATION	<ol style="list-style-type: none"> 1. Graphic organizer for paragraph development 2. Graphic organizer for sequencing of ideas 	
SPELLING	<ol style="list-style-type: none"> 1. Frequently used word cards 2. Sticky note help 3. Tap out the words 	

I like it!	OK	I don't like it!
		
		
		
		
		

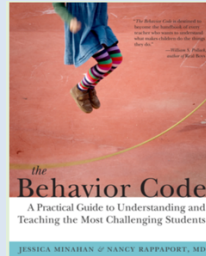
Tips on Giving Demands



Shift Reinforcement to Skill Development

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BOOKS:

The Behavior Code and The Behavior Code Companion



Additional Notes: