

Positive Behavior Support Part 1



EarlyEdU Alliance®

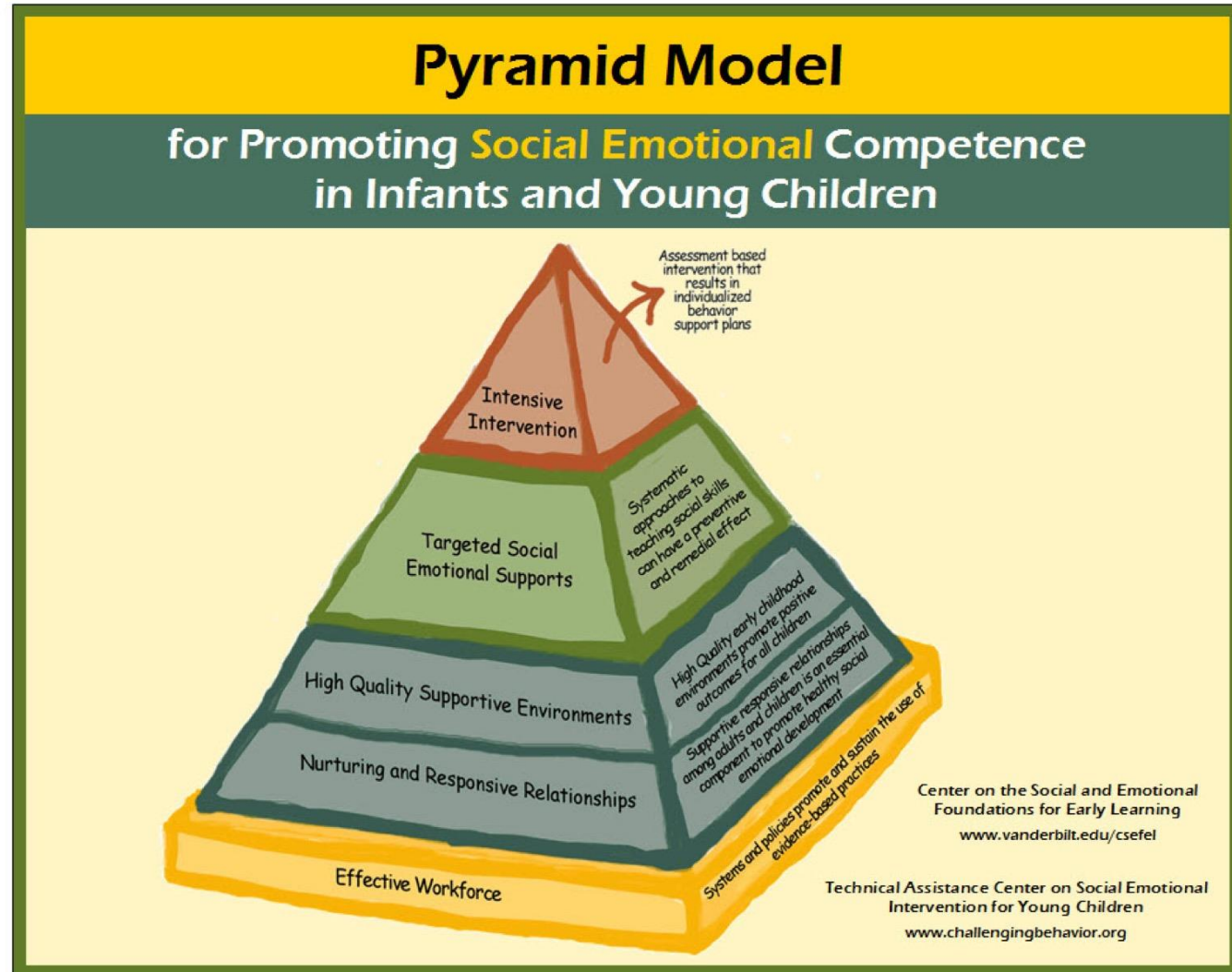
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Hello and Welcome



Take a moment to introduce yourself to someone near you and share a memory from one of your favorite educators growing up. What was your relationship like with that educator? How did you feel in their class?

The Pyramid Model



What is Circle Time Magazine?



Intentional Teaching Framework



How We Will Use These Frameworks Together

- Know – learn from our Featured Guests
- See – watch educators in action (From the Field)
- Do – use an activity to practice a strategy (Try it Out!)
- Reflect – discuss the impact on your work (Stop, Tuck, and Breathe)
- Improve – take the information and strategies back to your setting



Objectives

- Understand the importance of nurturing and responsive relationships and the strategies to foster them
- Understand our emotional triggers and how to manage them
- Understand that all behavior is communication
- Share and practice foundational prevention strategies that benefit all children

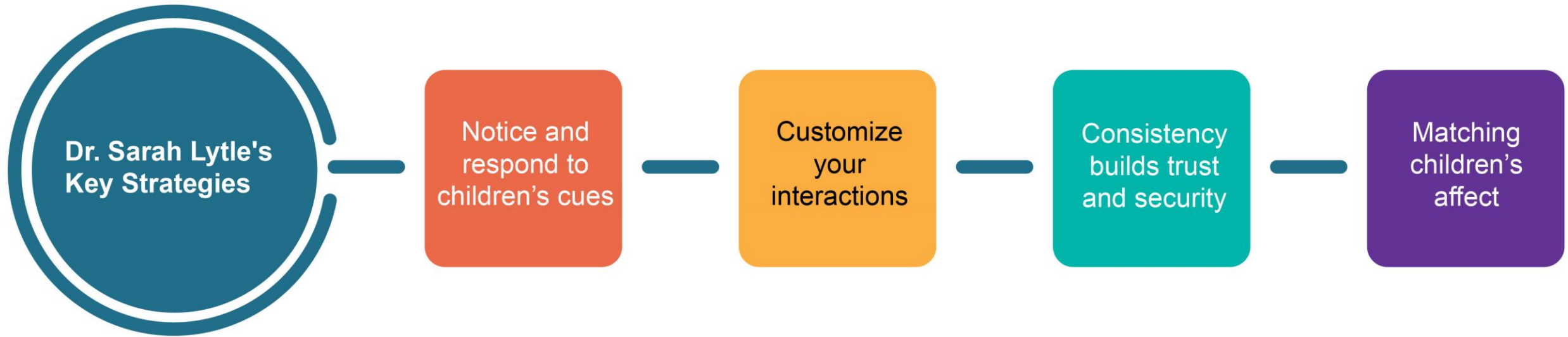
Fostering Social Emotional Skills: Relationships Are Key



Video: Why Is Social Emotional Development So Important?

- [Video: Why Is Social Emotional Development So Important?](#)

Dr. Sarah Lytle's Key Strategies





Discussion: Supporting Social-Emotional Development

- How do you support children's social-emotional development?
- Which of Dr. Lytle's key strategies could you focus on using in your setting?



Video: From the Field – Strengthening Relationships

- [Video link: From the Field – Strengthening Relationships](#)



Activity: Strengthening Relationships

- What are some ways you strengthen relationships with children, families, and colleagues?



Video: Building Strong, Positive Relationships With Children

- [Video link: Building Strong, Positive Relationships With Children](#)
- As you watch, think about how your relationships with children connect with behavior.



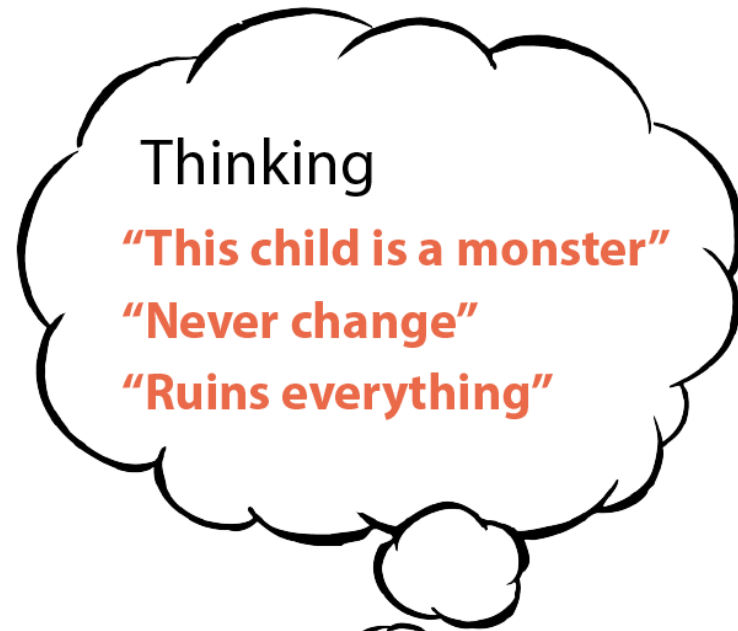
Discussion: Hot Buttons

Consider...

- What are your hot buttons?
- How do you feel about them?



Discussion: Thought Control Strategy



Feeling
Frustrated
Upset
Disappointed



Feeling
Challenged,
yet optimistic



Video: Filling the Relationship Piggy Bank

- [Video link: Filling the Relationship Piggy Bank](#)



Writing Reflection: Piggy Bank

Think about your own piggy bank. What fills your bank? Be as specific as possible.



Now think about a child in your care. This could be a child that has behaviors you find challenging.

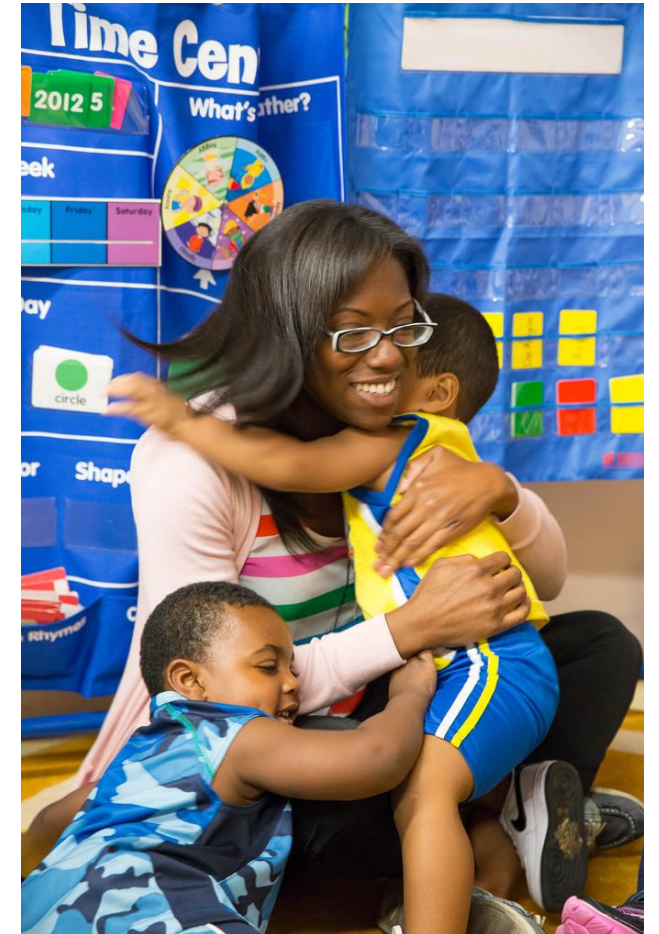


Video: Creating Awareness and Checking Our Biases

- [Video link: Creating awareness and checking our biases](#)
- After the clip, we will take a few minutes to talk with a partner about our reactions and/or what we noticed in the video.

Review of Key Relationship Building Strategies

- Reflect and acknowledge emotions
- Build upon relationship piggy banks
- Use tools to review implicit bias
- Other suggestions?





Video: *Circle Time Magic*

- [Video link: Circle Time Magic](#)
- As you watch, think about the tips you already use or tips you may want to use.



Video: *Try It Out!*

- [Video link: Try It Out!](#)
- During the clip, listen for ideas you could use in your own setting.



Discussion: Circle Time Magic and Try it Out!

- What is one strategy from either the Circle Time Magic or Try it Out! segment that you will try in the next week with the children in your care?





Video: *It's All About You*

- [Video link: It's All About You](#)
- Let's watch for ideas about building our resilience.

Reflection: Gratitude



- What are you grateful for today?
- What is one appealing strategy that Gail discussed or that you already use to focus on and/or express gratitude?

A young child with dark skin and curly hair is sitting at a wooden table, eating a round, yellow cracker. The child is wearing a blue t-shirt over a white shirt with blue lettering. On the table in front of the child is a white napkin with several more round, yellow crackers on it, and a clear glass filled with milk. In the background, there are stacks of colorful trays (blue, red, yellow) and a green apple on a blue surface. A white bag with colorful patterns is also visible. A large white circle with a blue border is overlaid on the right side of the image, containing the text 'Part 1 Break!' in blue.

**Part 1
Break!**

Planning Ahead: Environments That Support Positive Behavior



Video: *Behavior Is Communication*

- [Video link: Behavior Is Communication](#)
- As you watch, think about challenging behavior that you might have observed recently and what the child was trying to communicate.



Activity: Anticipating Behaviors

Handout: CQEL Anticipating Behaviors

Let's take a moment to reflect on our own environments and how we could plan ahead for behavior.



Video: What is Positive Behavior Support?

- [Video link: What is Positive Behavior Support?](#)
- As you watch, listen for something new about positive behavior support that you didn't know before.

Key Concepts of PBS



PBS promotes positive behaviors

- Educators notice positive behaviors and build on them

PBS is proactive not reactive

- Teach and practice positive behaviors
 - In other words, teach children how to ask for what they need.



Video: *Prevention Strategies*

- [Video link: Prevention Strategies](#)
- Watch for a strategy you would like to incorporate in your program.

REFLECTION

“Children at the young ages of 3 or 4 often test boundaries and act out, particularly when adjusting to new social environments such as preschool. According to the American Academy of Pediatrics, it is perfectly normal for a preschooler’s frustration or anger to manifest as physical conflict. When caregivers correct this ordinary behavior in a way that promotes empathy, it’s a healthy part of a child’s social development. Labelling a young child as violent or disruptive and calling parents to pick up their child send the wrong message to the child, and it could even lead to unnecessary medical or psychological interventions.”

–Rasheed Malik, Early Childhood Policy, Center for American Progress



Video: *Teach Practice Reinforce*

- [Video link: Teach Practice Reinforce](#)



Discussion: Teach Practice Reinforce

- What behavior strategy are you currently teaching, practicing, or reinforcing?





Video: From the Field – Visuals

- [Video link: From the Field – Visuals](#)
- Watch and think, how are you using visuals in your early learning setting?



Discussion: From the Field – Visuals

- How are you using visuals in your early learning setting?
- How do you support children having choice and control within their day?

Head Start Center for Inclusion

classroom visuals & support (word docs)

[directions](#)

[classroom jobs](#)

[emotional regulation](#)

[activities](#)

[classroom expectations](#)

[food](#)

[block building ideas](#)

[classroom toys & games](#)

[friendship kit](#)

[build social skills](#)

[daily schedule](#)

[general behavior](#)

[circle time](#)

[dragon brain](#)

[learning centers](#)

[classroom art materials](#)

[emotions](#)

[paper dolls to teach feelings](#)

[materials](#)

[meal talk](#)

[transitions](#)

[preschool songs](#)

[problem solving](#)

Head Start
center for
inclusion



teacher tools

We are funded by the Office of Head Start



Video: Books to Support Positive Behavior

- [Video link: Books to Support Positive Behavior](#)
- Watch for any books you have used successfully and/or any you would like to check out!

Part 1 – Wellness Activity





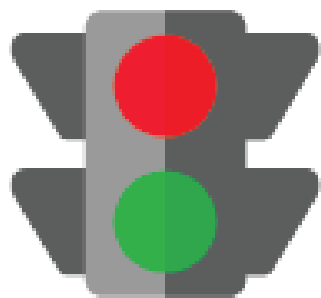
Video: Red or Green Light Thinking

- [Video link: Red or Green Light Thinking](#)
- Watch and think, was there anything Gail mentioned that surprised you? Confirmed what you already knew?

Activity: Red or Green Light Thinking



GREEN LIGHT, RED LIGHT



Positive or green light thinking is one approach to building resilience. Just like the traffic lights, green light thinking focuses on moving forward in a positive direction. Red light thinking instead dwells on the negative and puts up obstacles to finding solutions. Choose to think in a green light way!

