

Avoiding
Fighting
Resisting
Complaining
Interrupting
Throwing

Clinging
Yelling
Hitting
Meltdowns
Kicking
Tantrums

What we see

What is happening

Lagging Skills
Confusion
Temperament
Lack of Control
Disconnection
Anxiety/Worry/Fear
Unmet Sensory Needs

Hunger
Stress
Overwhelmed
Transitions
Uncertainty
Emotional Dysregulation
Sleep Deprivation

Behavior Communicates Feelings...



“I’m scared.”

“I’m sad.”

“I’m confused!”

“I’m lonely.”

“I don’t want people near me!”

“I feel like I can’t protect myself!”

“I need extra connection with people in order to feel safe!”

Ask yourself, “What is this child trying to communicate to me when they engage in (challenging behavior)?”