Cracking the Code: Reducing Anxiety and Defiant Behavior in the Classroom

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Anxiety

Working Memory

Working Memory Impairment when Anxious

Keep information in mind

Use this information to:
- Regulate behavior
- Thought
- Emotion
SOS tips for teachers

- Misbehavior is a symptom of an underlying cause
- She can’t vs. She Won’t
- Behavior is communication
- Behavior has a function
- Behavior occurs in patterns
- The only behavior an adult can control is her own
- Behavior can be changed

Common Underdeveloped Skills

- Self-Regulation
- Thought Stopping
- Social Skills
- Executive Functioning
- Flexible Thinking

Behavior Plan

Complete work: +2 points
Follow Directions: +2 points
We Teach Reading
We Teach Math

but...
We Punish or Incentivize Behavior

-PBIS

F: FUNCTIONAL HYPOTHESIS AND ANTECEDENT ANALYSIS
Functional Hypothesis

ATTENTION

ESCAPE

TANGIBLE

SENSORY

BEHAVIOR

Positive Attention

Negative Attention

Efficient

Predictable

Obvious

Dramatic

Praise

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Activity</th>
<th>Setting Events</th>
<th>Antecedent</th>
<th>Behavioral</th>
<th>Consequence</th>
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<tbody>
<tr>
<td>2/28/2023</td>
<td>Blowjob</td>
<td>Dog is a new</td>
<td>Not known</td>
<td>20% chance</td>
<td>Barks</td>
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<tr>
<td></td>
<td></td>
<td>friend</td>
<td></td>
<td></td>
<td></td>
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We observed the dog barking and looking around for the toy. We noted that this behavior increased when the dog was left alone for extended periods.
**Hot Spots**

- Unstructured Times
- Transitions
- Writing tasks
- Social Demands
- Novel / unexpected change
- Independent Work

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**A: ACCOMMODATIONS**

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**Breaks**
Work Avoidance
Underdeveloped Skills
Initiation  Persistence
Help
Seeking

Teachers are doing too much
Self-Monitoring  Independence

...and students aren’t doing enough
Initiation
- Errorless Teaching
- Preview with actual work
- Preview/Start work day before
- Self Monitoring

Persistence
- Teach Growth Mind-Set
- Reward Persistence instead of product
- Self-Monitoring
- Make a plan

Help Seeking
- Shift Reinforcement to skill
- Functional Communication
  - “I need help getting started”
Self-Regulation Apps

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

BEFORE | AFTER
---|---
5 | 4
5 | 3
5 | 4
5 | 2

<table>
<thead>
<tr>
<th>PART OF WRITING</th>
<th>THINKING OF AN IDEA</th>
<th>ORGANIZATION</th>
<th>SPELLING</th>
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<tbody>
<tr>
<td>1. Lack in a book</td>
<td>1. Graphic organizer for paragraph</td>
<td>1. Frequently used words card</td>
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<tr>
<td>2. Lack at my writing idea list</td>
<td>2. Graphic organizer for sequencing</td>
<td>2. Spell my new body</td>
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<tr>
<td>3. Lack at photograph</td>
<td>3. Graphic organizer for sequencing</td>
<td>3. Tap out the words</td>
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I: INTERACTION STRATEGIES

Tips on Giving Demands

- Neutral Tone
- Avoid yes/no
- Choices
- Declarative Language
- Indirect
- Deliver and Move
- Extended Time to Comply
Tips on Giving Demands

- Use Humor
- Make it a Game
- Give demands privately
- Use Nonverbal Directions
- Preview the demand
- Provide Rationale First
- Switch Adults

Unexpected Responses

- Paradoxical
- Rebranding
- Empathetic

Unexpected Responses

- Neutralizing
- Appealing to their "better self"
- Distraction
R: RESPONSE STRATEGIES

Response strategies cont'd
...FAIR responses

Self-monitoring Sheet

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<table>
<thead>
<tr>
<th>Schedule</th>
<th>Early Treatment</th>
<th>Later Treatment</th>
<th>Key Skill</th>
<th>Strategy Stance</th>
<th>Score a Strategy</th>
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<tr>
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<tr>
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