



Engaging Students with Poverty in Mind

Engaging for Positive Climate

#2 Manage Mind-Body States

Young kids have limited control over their own minute-by-minute micro-behaviors. They are simply not very good at regulating their own states for hours on end, especially in boring classrooms.

People become attracted to states according to their frequency of occurrence.

Yelling at, criticizing, or demeaning students for misbehavior does not reap good behavior.

Shift the social conditions in your class frequently, moving smoothly from whole class instruction to partner work to individual work to small-group work. Be sure to add energizers every 10 to 20 minutes.

Solutions you can use:

1. Reduce lecture time.
2. Eliminate the “fight, flight, or freeze” response *(for each reprimand you deliver, offer at least three positive affirmations. If you must reprimand a student, do it in private).*
3. Give students more control.
4. Ask more compelling questions.
5. Keep students in suspense.