

LIMIT SETTING STRATEGIES

What is Limit Setting?

- Strategies used to redirect students to a positive, alternative choice.

The Keys

- Respectful
 - Positive vocabulary, tone of voice, facial expressions and body language
 - Explain the positive alternative choice, rather than what is not desired
 - Allow time for the student to process
 - Limits are meant to **teach** not punish or give ultimatums.
- Simple
 - limit the number of words (3-5) and be clear & concise
- Reasonable
 - Choices must be realistic and achievable
 - Provide choices with positive outcomes

"You can't force someone to behave in a certain way. But when you offer choices, you can teach and reinforce appropriate behavior"

-Crisis Prevention Institute

FAIL SAFE CHOICE

- Provides two acceptable options for fulfilling a request. Either option will achieve the same positive outcome

ex: "Kim, would you like to put your toy pony in your backpack, **or** on my desk?"

INTERRUPT & REDIRECT

- Gain the students attention, draw attention to the behavior, and set expectations for the positive, alternative behavior.

ex: "Holly, your mask fell down. Please put it over your nose. Thank you"

WHEN/THEN

- Helps the student consider the positive, alternative behavior and the immediate outcome it will have.

ex: "Juan, **when** you lower your voice, **then** I'll be able to help you"

IF/THEN

- Helps the student reflect on the positive, alternative behavior and immediate outcome.
- Reinforces positive, alternative behavior

ex: "Tim, **if** you do two problems, **then** you can take a break"