

# Managing difficult times

Respond with non-aversive techniques that help learners to manage their actions until they can be more receptive.

## 1: Make changes around the things that set off such reactions

- Remove objects that may distract the learner.
- Change the time, location, or duration of activities if these factors are viewed as influencing difficult behaviour.
- Redirect the learner to another activity they enjoy.
- Remove unnecessary demands or requests.
- Change where the learner sits.
- If the learner is taking medication, check that it has been given/taken when it is required.

## 2: Interrupt the build-up

- Move closer or move away as appropriate, stand side on rather than face-on.
- Give instructions that the learner is more likely to follow.
- Remind them of any self-management strategies they know.
- Cue them to take a break or to monitor and recognise the beginning of a build-up.
- Facilitate relaxation.
- If the learner is taking medication, check (in private) if medication was taken.

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