

# Anticipating difficult times

Encourage "on task" behaviour through clear routines and systems:

- ✓ Recognise, remove, or minimise things that can cause distress.
- ✓ Give clear and consistent instructions and approaches to work.
- ✓ Give reminders about self-management strategies, such as taking a break.
- ✓ Reduce negative behaviour by distracting the student or re-engaging them in another activity.
- ✓ Check whether medication may be influencing behaviour (it may, for example, have worn off).
- ✓ Learn to recognise signs that a student's behaviour is escalating, use verbal messages or cues to help calm them, and alternative calming activities.
- ✓ Ignore minor examples of poor behaviour, especially if the student is following instructions.
- ✓ Stand in close proximity to the student as a way of moderating off-task activities.

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.

---

