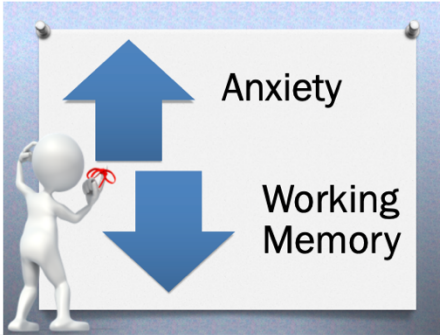
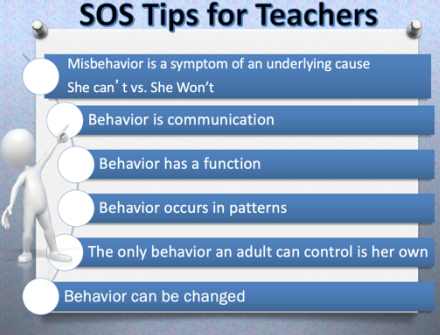
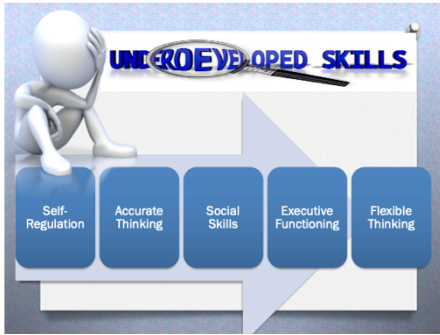
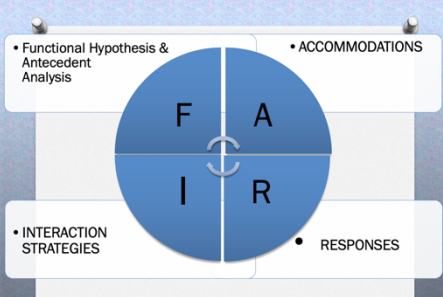



Practical Strategies to Reduce Anxiety and Challenging Behavior in Students


by Jessica Minahan, PhD, BCBA

author of [The Behavior Code](#) and [The Behavior Code Companion](#)

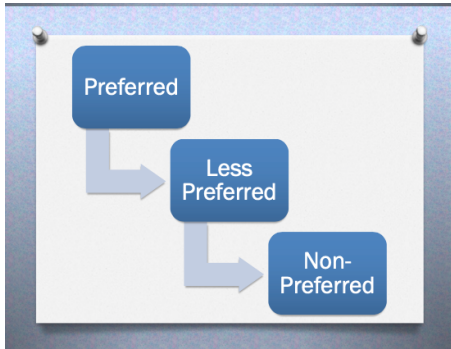
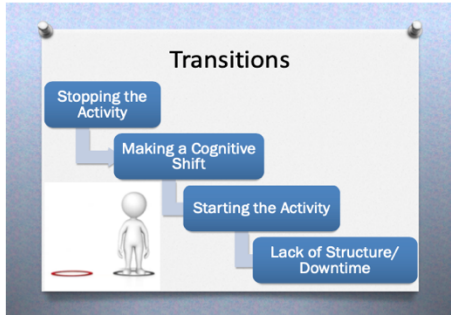
 <p>A diagram showing a large blue arrow pointing up labeled 'Anxiety' and a large blue arrow pointing down labeled 'Working Memory'. A small white figure is standing next to the arrows, holding a red string tied around the middle of the two arrows.</p>	
 <p>A list of six tips for teachers, each preceded by a white circle with a blue dot. The tips are: 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, and Behavior can be changed. A small white figure is standing next to the list, pointing at the first tip.</p>	
<p>Why incentives may not be working</p>	
 <p>A diagram showing a white figure sitting on a large white arrow pointing right. The figure is holding a magnifying glass over the text 'UNDEVELOPED SKILLS'. Below the arrow are five blue boxes, each containing a skill: Self-Regulation, Accurate Thinking, Social Skills, Executive Functioning, and Flexible Thinking.</p>	

	
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<p>Maintaining Connections</p>	<p>School Resources: https://bit.ly/MINAHANJ</p>
<p>Why traditional breaks may not be helpful</p>	

<p>-Biofeedback</p> 	
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Transitions















Self-Regulation Apps

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


Reducing Inaccurate Thinking Toward Writing Tasks

BEFORE	AFTER
5	4
5	3
5	4
5	2

PARTS OF WRITING	STRATEGIES...	USED?
THINKING OF AN IDEA	1. Look at photos in a book 2. Look at my writing ideas list 3. Look at photographs 4. Computer picture help	
ORGANIZATION	1. Graphic organizer for paragraph development 2. Graphic organizer for sequencing of ideas	
SPELLING	1. Frequently used word cards 2. Sticky note help 3. Tap out the words	

I like it! 	OK 	I don't like it! 
Drawing 	Using punctuation ! . ? 	Thinking of an idea 
Listening to a teacher read my story 	Writing lowercase letters a b c d e 	Spelling 
Coloring 	Writing more than one page 	
	Making a mistake 	

Tips on Giving Demands

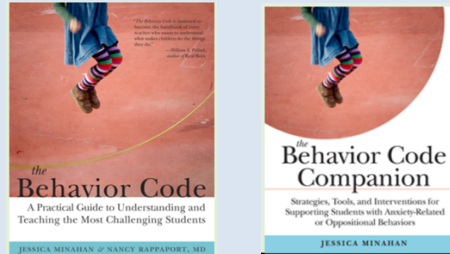


- Neutral Tone
- Give demands privately
- Choices
- Use Nonverbal Directions
- Provide Rationale First
- Deliver and Move
- Extended Time to Comply

Shift Reinforcement to Skill Development

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BOOKS:

The Behavior Code and The Behavior Code Companion



Additional Notes: