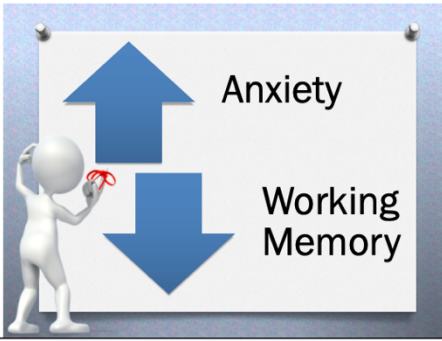
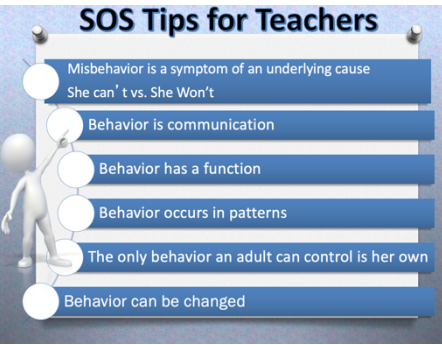
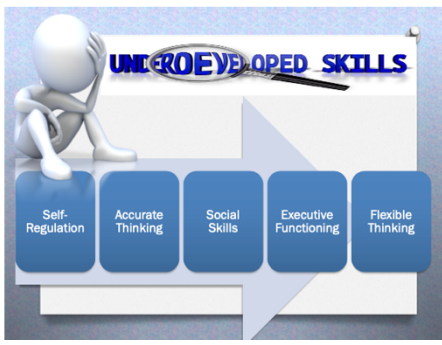
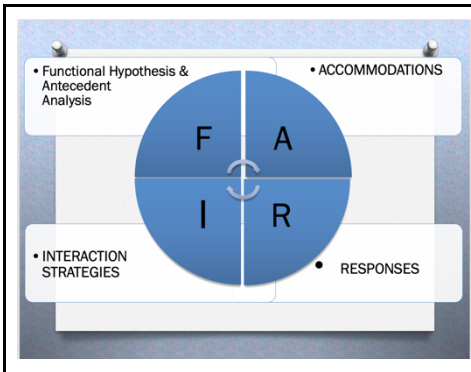


Practical Strategies to Reduce Anxiety and Challenging Behavior in Students

by Jessica Minahan, PhD, BCBA

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

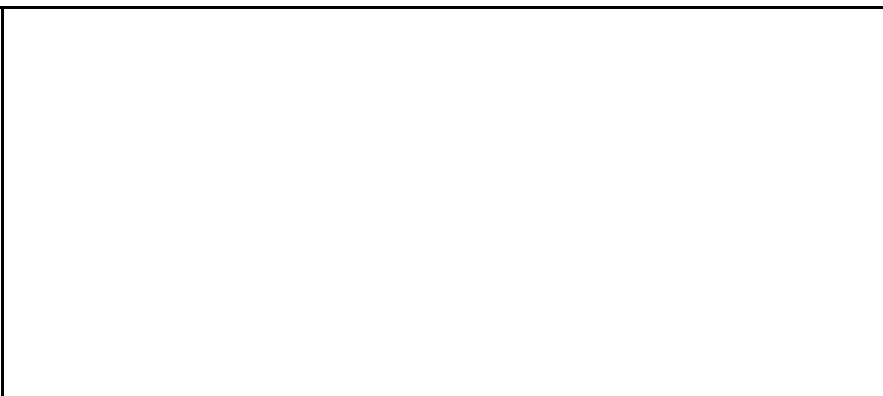
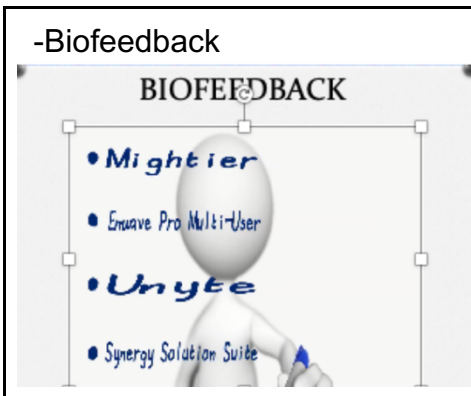
 <p>A diagram showing two blue arrows pointing in opposite directions. The upward arrow is labeled 'Anxiety' and the downward arrow is labeled 'Working Memory'. A white 3D figure stands to the left, holding a red scissors icon.</p>	
 <p>SOS Tips for Teachers</p> <ul style="list-style-type: none">Misbehavior is a symptom of an underlying cause She can't vs. She Won'tBehavior is communicationBehavior has a functionBehavior occurs in patternsThe only behavior an adult can control is her ownBehavior can be changed	
<p>Why incentives may not be working</p>	
 <p>UNDEVELOPED SKILLS</p> <p>A white 3D figure is shown thinking, with a magnifying glass over the text. Below are five blue boxes: Self-Regulation, Accurate Thinking, Social Skills, Executive Functioning, and Flexible Thinking.</p>	



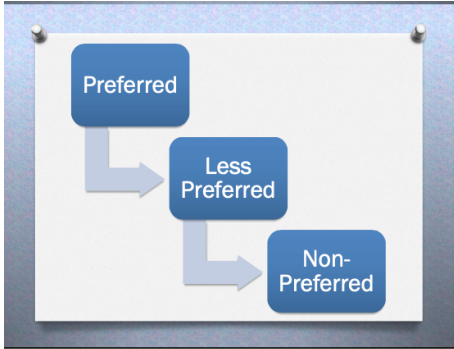
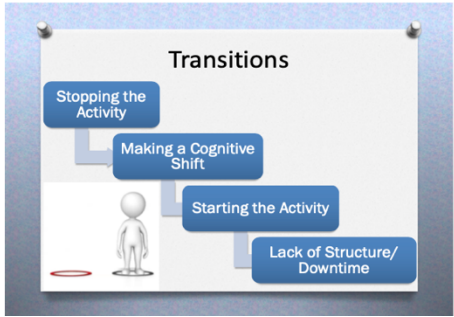
Maintaining Connections

School Resources:
<https://bit.ly/MINAHANJ>

Why traditional breaks may not be helpful



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	<ol style="list-style-type: none"> 1. Look at photos in a book 2. Look at my writing ideas list 3. Look at photographs 4. Computer picture help 	
ORGANIZATION	<ol style="list-style-type: none"> 1. Graphic organizer for paragraph development 2. Graphic organizer for sequencing of ideas 	
SPELLING	<ol style="list-style-type: none"> 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 	

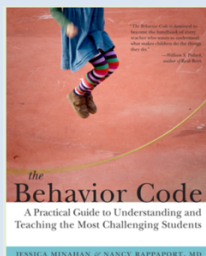
Tips on Giving Demands

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

Shift Reinforcement to Skill Development

Jessica Minahan's Contact Info
Website: www.jessicaminahan.com
Twitter: [@jessica_minahan](https://twitter.com/jessica_minahan)
Facebook Page: [The Behavior Code](#)
BOOKS:

The Behavior Code and The Behavior Code Companion



Additional Notes: