

Behavioral Interventions

Follow Written and Verbal Directions

- 1) Communicate with teachers
- 2) Highlight, underline keywords
- 3) Have a contract/plan with the child to follow directives (provide incentives) positive reinforcement
- 4) Have the child read the directions back to the parent
- 5) Allow the child to take a break before they become frustrated
- 6) Stand next to the child when providing/repeating directions
- 7) Remove potential distractions away from the workspace

Focus and Concentration

- 1) Reinforce student for beginning, staying-on, and completing tasks
- 2) Provide them with extra time to complete assignments
- 3) Highlight key points
- 4) Use multiple modalities when presenting directions (auditory, visual, tactile)
- 5) Stop at various checkpoints throughout instruction to check for understanding

Managing Emotional Escalation

- 1) Development of a supportive behavior plan with the school
- 2) Identify the context of the triggers - what leads to the behavior
- 3) Re-teach expectations
- 4) Positive feedback
- 5) Provide space (time away)
- 6) Identify supports with the school and home
- 7) Permit preferred activities (with limits)
- 8) Avoid power struggles

Teaching Students to Self-Monitor

- 1) Define the target behaviors
- 2) Choose a method of recording this target behavior
- 3) Choose a self-monitoring schedule (check in-check out)
- 4) Decide on a monitoring cue (beep, timer, teacher nonverbal cue, a student delivered cue)
- 5) Student choice from a reinforcement checklist rewards for positive behaviors

General Strategies

- Post expectations for virtual learning
- Verbal/nonverbal reminders for desired behavior
- Provide choices
- Daily/weekly behavior chart with the teacher(s)
- Positive notes
- Allow for time away/think time
- Teacher conferences
- Utilize school counselors
- Use of a timer for self-monitoring
- Daily effort points
- Break work time into smaller portions
- Visual schedules
- Routine schedules for work completion
- Promote/demonstrate deep breathing
- Create a space free of distractions
- Identify opportunities for your child to connect with peers
- Identify opportunities for your child to be physically active during virtual learning
- Stay socially connected
- Take breaks