

# Best Practices for Behavior Disorders in the Classroom

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## Best Practices for Emotional or Behavior Disorders

Students with **Emotional** or **Behavior Disorders** have many characteristics that hinder academic growth. Characteristics of a behavior disorder are usually evident and persistent in different settings and environment and usually with little respect or regards for social or cultural norms.

### Academic Implications

- Disruptive to classroom activity.
- Impulsive.
- Inattentive, distractible.
- Appears pre-occupied.
- Disregards all classroom rules.
- Poor concentration.
- Extreme resistance to change and transitions.
- Speaks out, repeatedly.
- Is aggressive.
- Bullies and intimidates others.
- Regular truancy from school.
- Dishonest, consistently blames others.
- Low self esteem.
- Unable to work in groups.
- Engages in self-injurious behavior.
- Has no regard for personal space and belongings.
- Persistently tries to manipulate situations.

### Best Practices and Accommodations

- Develop consistent behavior expectations.
- Involve the student in setting academic and personal goals.
- Engage in role playing situations.
- Communicate with parents so that strategies are consistent at home and school.
- Set limits and boundaries.
- Apply established consequences immediately, fairly and consistently.
- Acknowledge and reinforce acceptable behavior.
- Avoid confrontation and power struggles.
- Provide a highly structured classroom environment.
- Clearly post rules and expectations.
- Establish a quiet cool off area.
- Provide and teach opportunities for the student to use self control/self monitoring techniques to control behavior.
- Teach self talk to relieve stress and anxiety.
- Teach and provide time for relaxation techniques.
- Establish cues as reminders for inappropriate behavior.
- Redirect to avoid situations that may increase anxiety levels.
- Remain calm and aware of your body language when addressing the student.
- Provide a positive and encouraging classroom environment.
- Use a study carrel.
- Use visually stimulating material for assignments/learning presentations.
- Use specialized technology and software.
- Develop and use behavior contracts.
- Give frequent feedback.