…"bite size" news from your HSB Regional Behavior Specialists

OH, Behave!

Volume 16, Issue 9

March 2023



That Big, BIG Energy: Boys AND Girls

Have you ever had a conversation with a colleague about all the big energy you feel from the children in your class? You might mention to a fellow teacher how overwhelmed you feel trying to keep a sense of calm in your classroom. If so, does it feel like you are fighting a losing battle some days against a natural force of liveliness that children just can't seem to contain?! We want to be careful to not think of the children as creating problems in the classroom just because they have a need to express their vitality. Instead of trying to make them be calm when their bodies are trying to tell us they just can't, let's offer an environment of appropriate "big energy" or gross motor activities.

We know every child is different; but, have we thought about how our teaching should be different depending on the individual child? (Read that question again). Get creative with how you are teaching and what you offer in centers. Here are some suggestions for intentionally setting up areas in your classroom that involve a whole-body approach to play:

- Create an activity maze in the hallway. Using crepe paper/streamers, painter's tape (to avoid harming the paint on the walls) or masking tape, you can set-up a spy lair where the object is to get between the streamers without touching them. Change the challenge and add a small ball and see if it can be tossed through the maze without touching the streamers.
- You can create so much with so little! Using the masking tape or painter's tape you used for the above activity, make shapes such as a triangle, square, or rectangle on the floor. Have children hop or jump in or over the shapes while naming them. The possibilities are endless with this maze and it can be as long or as short as you desire!
- How about setting up an ice skating rink right in the classroom? All you need is clear plastic to tape to the floor with duct tape. Thick, fuzzy socks worn over their shoes can serve as ice skates. Adding some snowflakes under the plastic (or hanging some around the room) can add some extra flair to the activity.
- Remember the dramatic play area doesn't always have to be home living. Have you ever transformed the area into a gym or fitness center? Bar bells can be made with two liter bottles and connected by a broom handle or wooden dowel. Dumb bells can be made with various sizes of bottles weighted with water, sand, rice, beans, etc. Add mirrors, sweat bands, hand towels, music, steps, jump ropes, etc. for a more realistic appearance and feel.

Children are naturally wigglers and squirmers! Providing appropriate activities to help manage big energy will lessen inappropriate behavior. A calm, more relaxed body is ready to focus and think clearly.

Tip of the Month:

Are you following us on Pinterest?

If not, this is the perfect time to do so!

Check out our "Indoor Gross Motor Activities" board at Tucker's NC Nest or click **here**!

Embrace The Model

Connect with us!

Check out Tucker's NC Nest on Pinterest!

Follow OhBehaveTips on twitter!

Join our new online community by clicking here! By joining Social - Emotional Connections, you will have the opportunity to network, post questions, and share resources with other early childhood professionals in NC!

Open our latest public resource, a growing library shelf of virtual binders that include archived issues of the HSB newsletter, *OH, Behave!*, a collection of Disaster Response Resources, and a binder of scripted stories for classroom use! Click here.

Ask The Behavior Specialist!

Question: I have been working through some challenging behaviors with one of my preschoolers for a while now and have finally begun to see some improvements in her behavior. Now, other children who otherwise had no behavioral concerns, are starting to demonstrate the very same behaviors: rebelling, saying "no", and being defiant. I am glad that I am starting to see an improvement in her behavior, but fear that it went on too long because other children are starting to use those same behaviors.

Answer: We know that children use imitation and mimicking behaviors to learn and practice new skills, but it can be frustrating when they mimic challenging behavior too.

Addressing those behavioral challenges probably demanded a lot of your attention and the other children may be seeking attention as well. If you can ignore these newly developed behaviors, do so. Appropriately ignoring these behaviors means they will be less likely to repeat them since they are not warranting the attention that they had hoped for. As soon as children return to the desired behavior, use descriptive praise to reinforce the pro-social behavior while teaching children exactly what behavior to use to get their needs met. Be sure to use positive attention to reinforce those behaviors that we want to see more of and withhold attention from challenging behaviors that we want to see diminished.

Continue to consistently implement the strategies that have been working with the targeted child. As you continue to support her, be sure to celebrate her successes publicly but respond to her use of challenging behavior privately. Using the ignoring strategy works best when we are interacting positively with children when they are NOT using challenging behavior.

NEW!

Introducing our **Pyramid Fidelity Tip Section** for those of you having the Teaching Pyramid Observation Tool (TPOT) or the Teaching Pyramid Infant-Toddler Observation Scale (TPITOS) completed in your classroom. This section will help you connect the main topic of each issue with indictors on these scales. These assessments support Pyramid Model practices which promote and support children's social-emotional development.

Engagement and Activity

Check out TPOT Item 1 Schedules, Routines, and Activities (SR) and Item 4 Promoting Children's Engagement (ENG).

Check out TPITOS Item 4 Teacher Promotes Children's Active Engagement (CAE).

Do you have a question you would like to see answered in our column? Feel free to email it to AskTheBehaviorSpecialist@gmail.com. We will keep your identity private. Your question is probably one someone else needs answering, so ask away! Your time is appreciated!

In each issue you will find a new card to help you build your very own "Calming Choices" Card Set for your classroom.

When I am upset, I can…

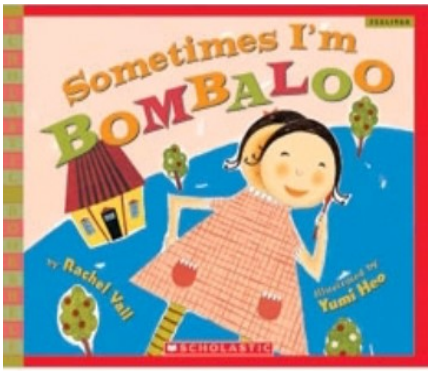
BEND AND TWIST PIPE CLEANERS



For durability and repetitive use, print on cardstock paper and laminate.



Social/Emotional Book Nook



In this adorable book by Rachel Vail, Katie sometimes loses her temper and she uses her feet and her fists instead of her words. She's Bombaloo! Being Bombaloo can be scary! With a little time to calm down and think about why she's mad and a little love from her mother, Katie feels like herself again. (Ages 3-8)

For more information about the Healthy Social Behaviors Project, contact your regional Behavior Specialist or:

Smokie Brawley
HSB Statewide Project Manager
SBrawley@childcareresourcesinc.org
704-376-6697 x 371