

ALTERNATIVE EDUCATION

Behavior Intervention and Support Module:
Positive Behavior Support-Shifting Paradigms

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~ Module 3, Session 5 ~ Activity 1

Share a scenario wherein inappropriate behavior(s) occurred. This could be in a classroom, lunchroom, out on the benches, etc. Role-play this document.

Activity 1:

scenario with the students taking your class and then have the mock student fill in the “Thinking About My Inappropriate Behavior” form.

Student _____ Date _____

Staff Member _____

Thinking About My Inappropriate Behavior

Under stress, self-controlled people think differently than people without self-control. They can describe more accurately (1) the undesired behavior, (2) the negative consequences of an undesirable behavior, (3) what they should be doing as an alternative strategy, and (4) the positive consequences of the appropriate behaviors.

When did my inappropriate behavior happen? Where was it and who was present at the time?

What bad choice did I make? (Undesirable behavior)

What negative outcomes might occur (or did occur) if or when I use(d) this unacceptable behavior?

What could I have done instead? (put a P by the one(s) you might do next time if a similar situation occurs)

What might happen that is positive if I choose an appropriate behavior to handle my problem?

Behavior Workshops: Diana Browning Wright