Understanding Behaviors and Individual Profiles Worksheet

Instructions: As teachers, understanding the behaviors and individual profiles of your students is crucial for creating a supportive and effective learning environment. This worksheet will help you reflect on your current knowledge and practices, and identify areas for growth. Please complete the following questions and prompts to the best of your ability.

Exploring Individual Profiles: Choose one child from your class and create a brief profile that includes their strengths, interests, sensory observations, communication capacities, and any potential triggers for challenging behaviors.

Strengths

_____

_____

_____

Challenges

_____

_____

_____

Sensory:

Tactile:_____

Auditory:_____

Visual:_____

Taste:_____

Smell: _____

Interoception:_____

Vestibular:_____

Proprioception:_____

Communication:

_____

_____

_____

Favorite things, people, activities

_____

_____

_____

Triggers: (events, words, smells, etc that cause the child to feel upset and/or frightened)

_____

_____

_____

Identifying Behaviors: (list three most problematic behaviors you would like to address)

1. _____
2. _____
3. _____

Strategies for Individual Profile-Based Support

Identify three strategies you could use to support this child's regulation and engagement in your classroom.

1. _____
2. _____
3. _____

Reflect on 3 of your current strategies: (consider if they are working or not, consider the reasons why)

1. _____
2. _____
3. _____

Collaborative Approach: (reflect on if there is room for collaboration with other stakeholders)

Action Plan: (create an action plan)

Growth and Improvement: (track any growth or improvement over the next 6-8 weeks)

Tips to Remember

1. Establish Clear Rules and Expectations: communicate classroom rules and expectations using simple and positive language. ● Involve students in creating class rules to promote a sense of ownership and responsibility.

2. Visual Supports: Utilize visual aids like charts, posters, and schedules to reinforce routines and expectations. ● Visual supports can be beneficial for young children who may not fully grasp verbal instructions.

3. Consistent Routines: Follow a predictable daily routine, including transitions and activity changes. Consistency helps children feel secure and reduces anxiety.

4. Positive Reinforcement: Use a reward system that emphasizes positive behavior. Offer praise, stickers, or small rewards for following rules and displaying desired behaviors.

5. Effective Transitions: Use transition cues like a countdown timer or a song to signal upcoming changes. Smooth transitions minimize disruptions.

6. Proximity and Engagement: Move around the classroom to engage with students individually or in small groups. This helps maintain their attention and reduces off-task behavior.

7. Redirection: Gently redirect children's attention when they engage in disruptive behavior. Offer alternative activities or options to refocus their energy.

8. Classroom Layout: Arrange the classroom to minimize distractions and create clear learning centers. Labeling shelves and areas can help students know where to find materials.

9. Quiet Spaces: Designate a cozy corner where children can retreat if they need a break or a quiet moment to calm down.

10. Incorporate Movement: Plan activities that allow for controlled movement, such as dancing, stretching, or movement games. This can help release energy and refocus attention.

11. Use Positive Language: Frame instructions and corrections in a positive way. For example, say "Walking feet, please" instead of "No running."

12. Peer Modeling: Assign buddy pairs where students model positive behavior for each other. This can encourage positive peer interactions.

13. Flexibility: Be open to adapting your plans based on the children's needs and interests. Flexibility supports engagement and cooperation.

14. Conflict Resolution: Teach children age-appropriate conflict resolution strategies to handle disagreements and build social skills.

15. Role Modeling: Model the behaviors you want to see in your students, such as kindness, respect, and active listening.

Remember that every classroom and group of students is unique. It's essential to be observant, flexible, and willing to adjust your strategies based on the individual needs of your students.