

Social and Emotional Learning Department (SEL)

TIPS AND TOOLS FOR BETTER BEHAVIOR

1

“10 by 2” Strategy: For use for a student with whom you have particular difficulty interacting positively behaviors are so persistent and negative that you have difficulty finding ways to provide positive, contingent attention. Or, you could use this same strategy with a student who is withdrawn or rarely gets positive or negative attention from adults or peers. For 10 days, find 2 minutes a day in which you can interact with the student in noncontingent ways. Walk with him or her down the hallway, ask to speak with the student for a moment before or after class, etc. Find out about hobbies, interests, family, what the student did over the weekend, etc. By the end of the 10 days, the student’s behavior may already show an improvement, and if not, it is likely that your relationship with the student will have changed enough that when you need to reprimand or correct, there is less likelihood of conflict.

2

Can You Hear Me Now?: Program your smartphone or tablet to make a sound every 15 minutes or so. When you hear the prompt, give contingent positive feedback or non-contingent attention to a few students.

3

Look for It!: Make a point to periodically scan your classroom, specifically “searching” for important reinforceable behaviors (e.g., throwing away trash, helping another student with his work, etc.) for which you can provide positive feedback. Again, focus on your middle and lower performing students!

4

[Watch the video: Every Opportunity](#)