

Boost your Behaviour Management

We know that students come to school with their brains wired to behave in certain ways. We also know that we have the power to rewire their brains by providing positive and affirming connections.

So how do we move from 'behaviour management' to 'positive behaviour development'?

Traditional 'behaviour management' in many school settings provides methods to ensure students 'conform' to the expected social norms. When students don't conform, there is a consequence – ranging from redirection, time out or buddy class to suspension and exclusion. But these consequences alone don't teach students how to behave when next they face a similar challenge.

When students have had years of poor behaviour modelling or don't have skills to productively manage challenging situations, they can find themselves stuck in a Wild Brain state. **We know that children, young people and adults in Wild Brain don't make good Smart Brain decisions.** We need to be provide opportunities and a clear pathway for people to build positive behaviour skills. With reinforcement and repetition we can help create strong neural pathways that become the 'go to' behavioural responses.

When we teach students about their 3 Brains, assist them to identify their emotional triggers and support them to develop and practice coping strategies, **we create sustainable behavioural change** – not just compliance or obedience for a short period of time.



TIPS!

- *Provide opportunities to build intrinsic motivation in students to behave – rather than extrinsic motivation or rewards to conform.*
- *Explicitly teach students about their 3 Brains and use this language to identify when students may be slipping from Smart Brain.*
- *Identify with students their emotional triggers so they can be prepared – use the Positive Change Highway to unpack Speedbumps, Roadblocks and Strategies.*
- *Develop replacement behaviours and positive coping strategies with students and provide opportunities for them to practice these regularly.*
- *Implement restorative justice principles to repair harm and build empathy and compassion within students.*
- *Remember you are role modelling positive behaviours!*