

20 Essential Behavior Intervention Strategies

Building Trust & Positive Relationships

- ✓ **2 x 10 Strategy:**
2 minutes of non-academic conversation, 10 days straight
- ✓ **5 to 1 Ratio:**
Deliver frequent positive feedback (5 positives for every corrective)
- ✓ **Positive Greetings:**
Warmly greet students at the door daily

Addressing Attention-Seeking Behaviors

- ✓ **Teach Hand Raising:**
Explicitly show students appropriate ways to request attention
- ✓ **Leadership Responsibilities:**
Assign meaningful roles to boost engagement
- ✓ **Strategic Seating:**
Place students near support and reduce distractions
- ✓ **Cueing Systems:**
Subtle signals to remind students of behavior expectations
- ✓ **Peer Support:**
Pair students with supportive classmates or mentors

Helping Students with Work Avoidance

- ✓ **Pre-teaching Content:**
Brief previews to ease anxiety
- ✓ **Checklists/Task Analysis:**
Break tasks into manageable steps
- ✓ **Behavior Contracts:**
Agreements outlining expectations and incentives
- ✓ **Chunking:**
Divide work into smaller, manageable parts
- ✓ **Behavior Momentum:**
Start with easy tasks, gradually building to harder ones

Managing Access Behaviors

- ✓ **Visual Choice Boards:**
Let students choose preferred activities visually
- ✓ **Functional Communication:**
Teach appropriate requests (e.g., "I need help")
- ✓ **Delayed Gratification:**
Structured routines teaching patience
- ✓ **Self-Management:**
Students track and reflect on their own behavior

Supporting Self-Stimulatory Behaviors

- ✓ **Environmental Enrichment:**
Provide sensory tools and activities (fidgets, breaks)
- ✓ **Prevention & Accommodation:**
Adjust environment to reduce sensory triggers
- ✓ **Time & Place Strategies:**
Teach appropriate contexts for sensory behaviors