



Incredible Years Problem Solving Worksheet For Managing Preschoolers' Challenging Behaviors!

Problem Definition:

1. Student's challenging behavior: _____

2. What are the triggers/precipitants of my student's misbehavior? (developmental problem, not enough sleep, not getting what he wants, a family transition or stress, low frustration tolerance, etc.)

3. How do I usually respond to this misbehavior? (Do I give it attention? Do I get angry?)

Goals:

4. What is my goal? What positive opposite behavior do I want to see instead? _____

Solutions:

5. What skills/strategies can I use from the bottom of the Teaching Pyramid to support this positive behavior?

Play/Special Time: What kind of play or special time might best help my student here? (Remember, it is best if it is child-led.) (persistence, academic, social, or emotion coaching) _____

Praise: What behaviors can I praise and how? (Remember they should be the "positive opposites" of the behaviors you want to decrease.) _____

Stickers and Rewards: How can I reward this good behavior? What incentives will motivate this student? _____

6. Choose from the list below those responses from the top of the pyramid that can be used to reduce this misbehavior.

Routines: Do I have a predictable routine for this problem? _____

Distraction/Redirection: How can I distract or redirect this student before misbehavior escalates? _____

Ignore: What part of this behavior could I ignore? _____

What will I say to myself while I ignore it? _____

Consequence: What natural or logical consequence can I use to teach this student to change this behavior? _____

Calm Down Strategies: What calm down strategies can I teach this child? (use of turtle shell, deep breathing, positive self-talk "I can do it, I can calm down," use of the calm-down thermometer) _____

What problem solving strategies do I need to teach this student? _____

Carrying Out my Plan:

7. To whom should I communicate this plan? (other teachers, parents, principal etc.) _____

8. Who can I call for support and to check in? _____

9. How will I take care of myself while this is going on? _____

Evaluating the Success of Solutions

10. How will I know I am making progress? What will be different? What assessments will I use?

11. How will I celebrate this student's success? As well as my own? _____

***Congratulations! You have a plan to change your student's behavior!
 Remember, it can take three weeks or more to see changes,
 so don't give up!***