

IEP

RESOURCES

Positive Behavior Curriculum

for the inclusive classroom





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P.O. Box 930160
Verona, WI 53593-0160
www.AttainmentCompany.com
Phone: 1•800•327-4269
Fax: 1•800•942•3865



www.projectoz.org

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ISBN: 1-57861-147-4

Editor: Phil Davis
Graphic Design: Beverly Potts
Photography: Craig Booth and Beverly Potts
Illustrations: Gail Dobbins

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Some of the Benefits of Inclusive Education

Individualization

Greater expectations

Improved self-esteem

Opportunity to contribute

Opportunities for friendship

Improved future possibilities

Effective instructional strategies

Supportive learning environment

Relevant curriculum and materials

Wider variety of life-enriching opportunities

Greater likelihood of higher quality education

Consistency with democratic values and practices

*Adapted From: Inclusive Education Project,
Syracuse University, Special Education Programs*

Classroom Rules

1. **Only one person speaks at a time.**



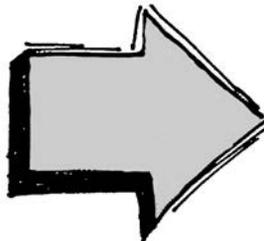
2. **No put-downs.**



3. **Use the word "I" to say how you feel.**



4. **Each student has the right to pass.**



Positive Behavior Curriculum



Anger Situations



- 1. One student knocks the books from another student's arms in the hallway.**
- 2. One student bosses another around by trying to tell him or her what to do.**
- 3. One student passes by the other and says "nice shirt" very sarcastically.**
- 4. Two students are playing a game. One accuses the other of cheating.**
- 5. One student teases another about getting a poor grade and calls him/her "dumb."**
- 6. One boy teases another about a certain girl being his girlfriend.**
- 7. Two students fight over who's on which team for recess.**
- 8. One student talks badly about another student's parents.**
- 9. One student is offended by a racial comment that another student makes.**
- 10. One student elbows another while playing basketball.**
- 11. One student bothers another student's boyfriend/girlfriend on purpose.**

Definitions



Anger: A strong feeling that is aroused when a person feels a sense of injury or injustice. Anger can cause a person to feel many different emotions like rage or fury.

Empathy: Identifying with or experiencing the feelings and thoughts of another person; putting yourself in another person's shoes.

Anger Avoiders: People who don't work through their anger. They often get angry very quickly and lash out instead of dealing with the cause of the anger.

Anger Management: A set of skills used to keep anger from taking over.

Self-Talk: The statements we make to ourselves about a situation. They are usually not out loud and they tend to be incorrect.

Triggers: The words, situations, or actions that are likely to cause an angry response in someone.

Facts: Things that actually exist; realities; truths.

Feelings: The emotions we bring to a situation.

The Anger Detective

Sometimes we need to do a little detective work to get to the bottom of things, since things are often not as they appear on the surface. Use your best detective skills to work through a confrontation and you will always come up with “who-dun-it,” even though sometimes it might be you!



Skill #1: Recognizing

Many times, what we tell ourselves about a situation controls how we will react. For example, if someone spills a drink on me and I tell myself he or she did it on purpose without first checking with him or her, I am likely to react with anger. I need to recognize when I am getting angry and ask myself if it is justified.

Some questions we need to ask ourselves before we react:

1. Was there a motive? (Did this person have reason to commit the “crime?”)
2. What could be some other reasons that this happened? (Have I done something to cause a problem?)
3. What other clues can I use to solve this mystery? (Am I tired and overreacting? How do I feel about this person to begin with? Do I have a poor attitude?)

Skill #2: Responding

Empathy means understanding and accepting how the other person is feeling. Try to think of it as walking in his or her shoes or looking through his or her eyes. All the best detectives solve the mystery this way.

1. How would it feel to be this person?
2. How would it feel to be this person in this situation?
3. Thinking as this person, what things could have caused “me” to act this way?

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Skill #3: Reacting

Many times we can avoid letting anger get the best of us if we use some tried and true strategies to cut the anger off before we react. This way, we'll be calm enough to crack the case. It gives us a few minutes to use the other two skills and a chance for a much better outcome.

What is your personal strategy for dealing with an anger situation?

Count to 10

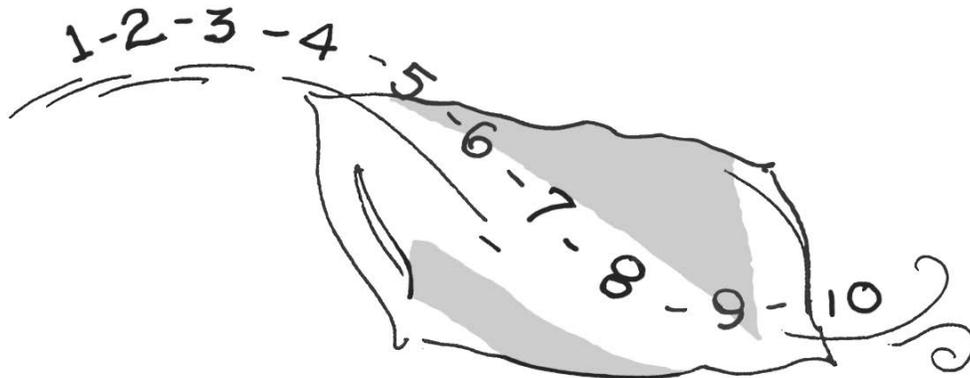
Scream into a pillow

Do deep breathing

Tell myself this is temporary

Try to laugh at the situation

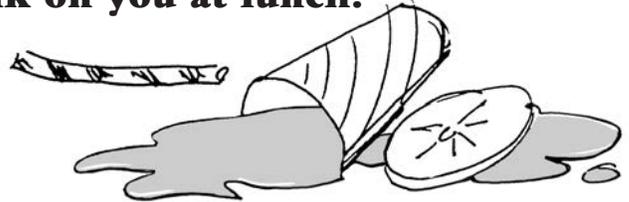
Admit how angry I am so it can pass



Practice Makes Perfect

The Situation: Karen spills her drink on you at lunch.

Skill #1: Recognizing



Was there a motive?

(No.)

Other reasons this could have happened?

(Karen got bumped from behind.)

Any other clues?

(The lunch room is very crowded and everyone is in a hurry.)

Skill #2: Responding

How would it feel to be this person?

(Everyone sees her as a bully. It must be hard for her to be nice. She gets blamed for a lot of things she doesn't do.)

How would it feel to be her in this situation?

(Oh great! I accidentally spill, but everyone will think I did it on purpose. I feel bad, but I can't show it.)

What things could have caused "me" to act

(It was just an accident. I wish it weren't so crowded in here.)

this way?

Skill #3: Reacting

What can I do so I don't scream at this person right now? I'm so embarrassed.

(Laugh it off, ask her to help clean it up.)

Sit Back and Listen

When another person is angry with you, there are a few things you can do to let him or her feel heard:

1. Don't be defensive—

When you defend yourself, you don't take ownership of your actions.

2. Sit back and listen—

Listening takes practice and effort. Use self-control and wait until he or she is done to speak.

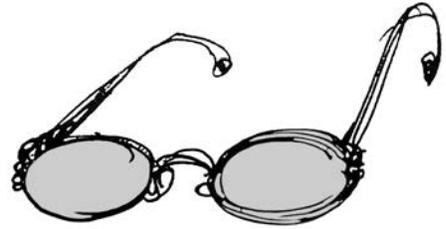
3. Sifting and sorting—

Separate facts from feelings. Agree on what the facts are. Leave feelings out of the discussion. Also, explain what you believe the main problem is.

4. Discover your role—

There is a reason, a demand, or a need behind every disagreement. Find out what it is and what the other person expects from you.

Magical Empathy Glasses



Role Play Situations

1. **One friend is mad because the other won't help him or her cheat on a test.**



2. **One boy wants another to join the baseball team with him. The first boy is uneasy about it because he thinks he is not a good baseball player.**

3. **One girl feels the other embarrassed her in front of the class. She is mad and the two girls are discussing it.**

4. **One boy said something mean about another boy's family. The two boys are discussing it.**

5. **One girl is upset because she was left out of a secret that all of her friends seem to be talking about.**

6. **One boy is upset because he did not get invited to a sleep over with some of his friends.**

7. **One boy has a brand new pair of shoes and many others are envious. Another boy is putting him down and calling him "little rich kid."**

What Are My Triggers?

I feel angry when . . .	Always	Sometimes	Never
1. Someone teases me.	_____	_____	_____
2. Someone lets me down.	_____	_____	_____
3. I forget something important.	_____	_____	_____
4. Something blocks my plans.	_____	_____	_____
5. Someone breaks his or her promise.	_____	_____	_____
6. Someone yells at me.	_____	_____	_____
7. Someone uses my stuff without asking.	_____	_____	_____
8. Someone talks bad about someone I know.	_____	_____	_____
9. I get in trouble for something I didn't do.	_____	_____	_____
10. Other _____	_____	_____	_____

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Anger Management Skills

“Crack the Case”

Skill #1: Recognizing our own thoughts and ideas that cause anger.

Was there a motive?

Were there other reasons this could have happened?

Other clues? — (What are my triggers?)

Skill #2: Responding with empathy.

How would it feel to be this person?

How would it feel to be in this situation?

What could have caused this person to do this?



Skill #3: Reacting with new strategies to deal with anger.

What are your own strategies?