Clinic Topic: Decoding Behavior for Optimal Learning Environments

1. Remember Maslow! Check to see if any behavior matches needs from this hierarchy. See page 29 in Teaching Children Snowsports at https://thesnowpros.org/education/digital-manuals-for-every-discipline/.

2. ABC’s of Behavior Management
   - Antecedents: events that immediately precede behaviors
   - Behavior: an action resulting from an antecedent that communicates the existence of a need or desire usually for access, escape, attention, stimulation
   - Consequences: conditions that follow a behavior and usually include positive reinforcement - give desired experience/item to increase desired behavior (sensory, social, activity, choice, tokens), negative reinforcement - take away/remove a disliked experience/item to increase desired behavior and punishment - time out, remove desire experience/object to decrease unwanted behavior

3. Build up your own toolbox or use some strategies listed below to direct behavior.

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**Antecedents**
- Verbalizing desired behaviors
- Actions & outcomes
- Environment changes
- Self-regulation & reflection
- Calming practices
- Replacement behavior
- Providing choices
- Mirroring
- Modeling
- Behavior contracts
- Social narratives
- Assisting process

**Behavior**

**Consequences**