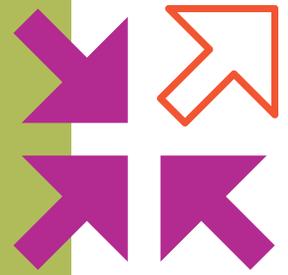# 10 Ways to Prevent Challenging Behaviors

1. Be **reliable**, be **predictable**, and be **consistent**

2. Teach the **rules** and "**reward**" when rules are followed

3. Let students have **breaks** and plenty of opportunities to **move**

4. **Give students a chance** to practice making plans and talk about feelings

5. **Create opportunities** for students to develop attention skills and expand working memory

6. **Use self-correcting materials** so you don't always have to be the one teaching

7. Create **engaging learning environments** – make learning enjoyable

8. **Check the environment.** Is it too chaotic or permissive? Too rigid?

9. **Provide students with choices** and let them **find solutions** to problems

10. **Foster friendships** between students

Inclusive schooling