Between a Rock and a Calm Place:

Practical Strategies for Supporting Children with Anxiety-Related or Oppositional Behaviors
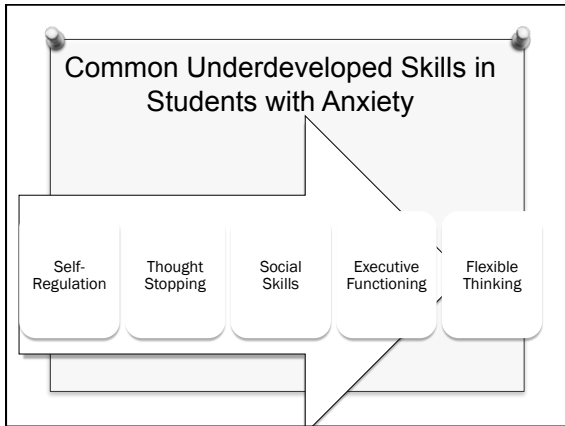
By Jessica Minahan, M.Ed, BCBA
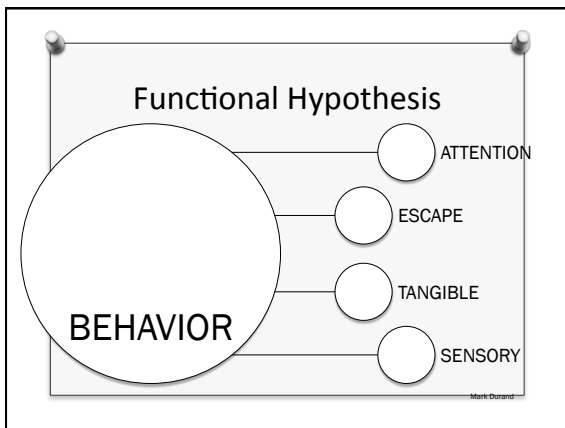
Anxiety

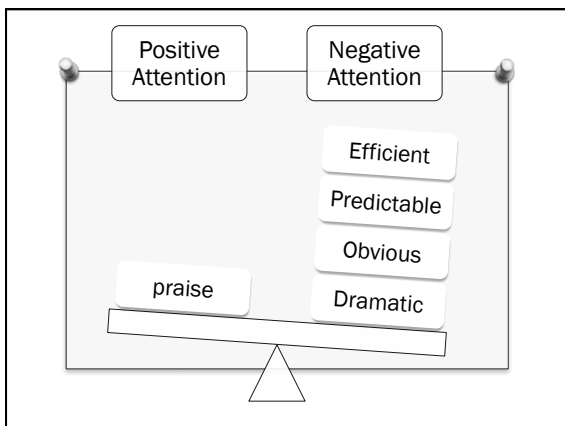Working Memory
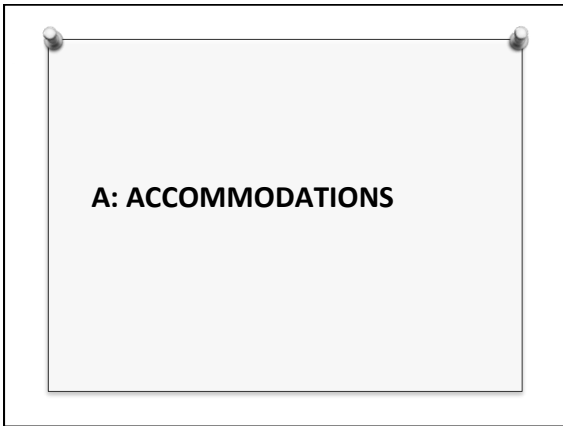
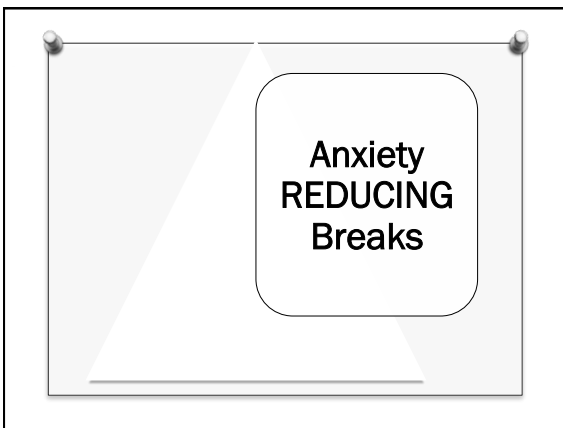Working Memory Impairment when Anxious

Keep information in mind

Use this information to:
- Regulate behavior
- Thought
- Emotion

Common Underdeveloped Skills in Students with Anxiety

| Self-Regulation | Thought Stopping | Social Skills | Executive Functioning | Flexible Thinking |

Functional Hypothesis

BEHAVIOR

- ATTENTION
- ESCAPE
- TANGIBLE
- SENSORY

Mark Durand

Positive Attention Negative Attention

Efficient
Predictable
Obvious
praise Dramatic

A: ACCOMMODATIONS

Anxiety
REDUCING
Breaks

Self- Monitoring/Self-Regulation

Self-Regulation

Emotional Thermometer

Body Checks

Daily Self-Calming Practice

Develop Calming Box

Self-Regulation Apps

ᴑSosh lite
ᴑAt Ease
ᴑCalm Counter
ᴑStress Tracker
ᴑDBT
ᴑiCouch CBT

BEFORE	AFTER
5	4
5	3
5	4
5	2

PARTS of WRITING...	STRATEGIES...	USED?
THINKING OF AN IDEA	1. Look in a book 2. Look at my writing idea list 3. Look at photographs 4. Computer picture help	
ORGANIZATION	1. Graphic organizer for paragraph 2. Graphic organizer for sequencing	
SPELLING	1. Frequently used words card 2. Stickie note help 3. Tap out the words	

I like it!	OK	I don't like it!
Drawing	Using punctuation ! . ?	Thinking of an idea
Listening to a teacher read my story	Writing lowercase letters a b c d e	Spelling ABCDE
Coloring	Writing more than one page	
	Making a mistake	

I: INTERACTION STRATEGIES

Tips on Giving Demands

- Neutral Tone
- Avoid yes/no
- Choices
- Declarative Language
- Indirect
- Deliver and Move
- Extended Time to Comply

R: RESPONSE STRATEGIES

FAIR Responses

Points for Skill Practiced/ Demonstrated = Skill Development
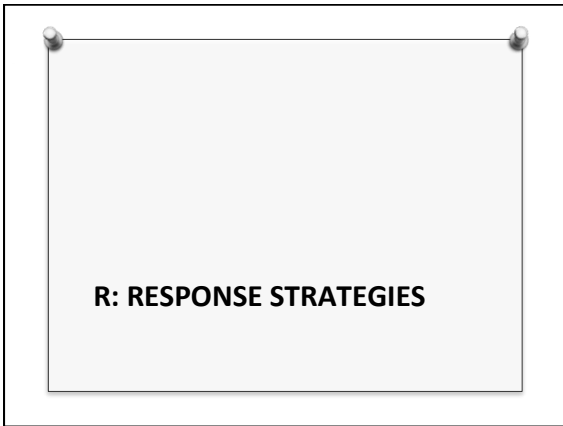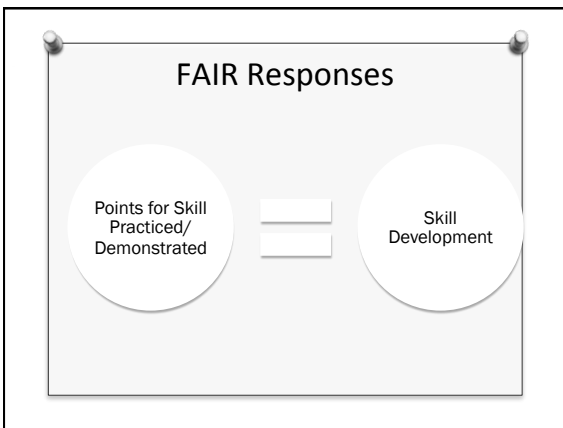
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The Behavior Code:
A Practical Guide to Understanding and Teaching the Most Challenging Students

The Behavior Code Companion:
Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors

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