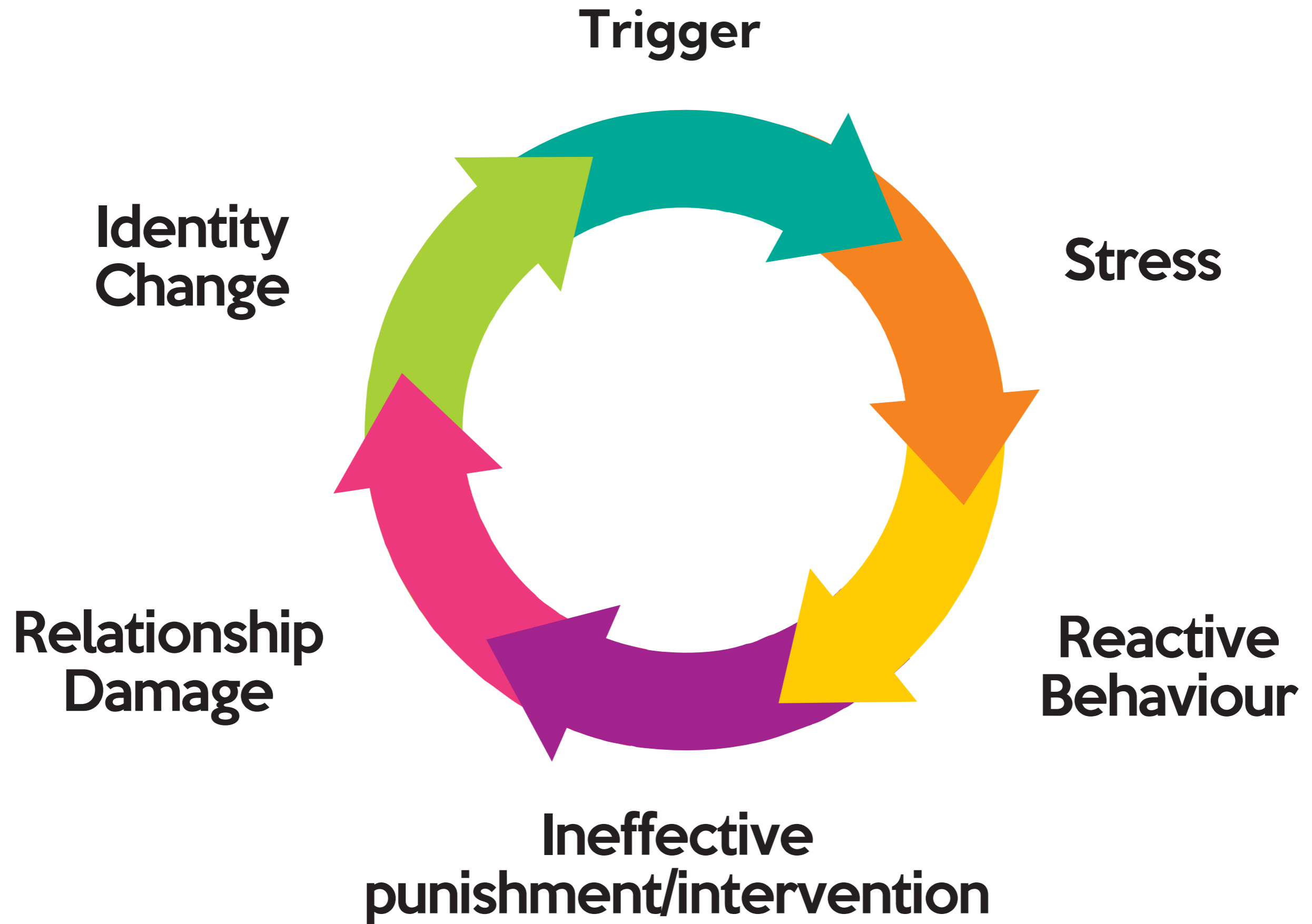
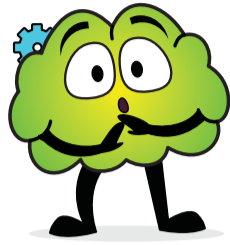


# CYCLE OF REACTIVITY



# INEFFECTIVE INTERVENTION/ PUNISHMENT



**Yelling back at students**

**Behaviouralist approach with insecurely attached students**

**Too harsh punishment/too soft  
(not picking your battles)**

**Not sticking to whole school approach  
rewards/consequences**

**Sending students out of the room**

**Power Over attitude**

**Not fair punishment**

**Failure to differentiate**

**Adults not listening/not caring**

**Inconsistency/over-reaction**

**"bad blood"- damaged relationships**

**Targeting students (uneven consequences)**

**No consequences**

# SIGNS OF STRESS



**Rocking back and forth**

**Shaking (feet/legs)**

**Clingy**

**Sweaty**

**Fidgeting**

**Heavy breathing**

**Eyes glazed over**

**Vocalising distress**

**Seeking co-regulation**

**Crying**

**Running away**

**Over reaction/reaction not appropriate**

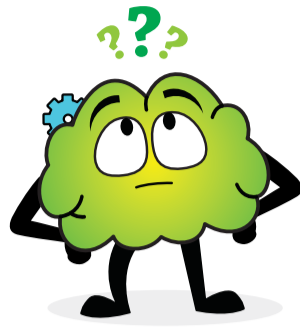
**Hiding/withdrawal**

**Disassociation (starring, blank expression)**

**Food hoarding**



# REACTIVE BEHAVIOUR



**Swearing**

**Fighting**

**Running away**

**Playing the victim**

**Teasing**

**Withdrawing**

**Throwing things**

**Name calling**

**Intimidation**

**Yelling**

**Crying**

**Trying to dominate  
others**

**Threatening**

**Disrupting**

**Constant talking**

**Seeking safety**

**Seeking 1:1 attention**

**Dobbing for attention  
(trying to manage  
each other)**

**Time out**

**Laughing**

**Mimicking**

**Destroying work**

**Destroying wall  
displays**

**Overactive – running  
around tables/desks**

# TRIGGERS



**Lack of sleep**

**Lack of food**

**Change in routine/teacher/home**

**Lack of connection/affection**

**Introducing new skills – curriculum**

**Teasing – physical or verbal**

**Teacher being reactive to others' behaviours**

**Noises**

**Smells**

**Work – task**

**Touch**

**Prior night's events**

**Loud voices**

**Classroom too quiet or calm**

**No airconditioning**

**Lack of engagement**

**Social media/unsupported peer interactions**

**Facial expression/negative “vibe”**