

Behavior is Communication

WHAT IS BEHAVIOR TRYING TO TELL US?

EXPRESS EMOTIONS:

Children may not always have the words to express their feelings, but behavior speaks volumes.

Tantrums or clinginess could indicate that a child is overwhelmed.

COMMUNICATION CHALLENGES:

Behavior issues might be stemming from communication difficulties. A child acting out might be indicating that they are struggling to express what they really want or need. Encourage them to communicate in a way that makes sense to them. Using drawing, games, and other creative activities can bridge the gap.

HELPFUL GAMES:

- Emotional charades
- Emotion wheel
- Sensory bins
- Yoga for kids

SETTING BOUNDARIES:

Many children work well with clear defined boundaries and expectations. They create a sense of safety and security for children.

- Encourage children to express their emotions openly while also setting boundaries. For example, it is okay to feel angry or sad, but it's not okay to hurt others or destroy property.
- Establish rules around taking turns, waiting patiently, and using self-calming techniques when appropriate.
- Encourage them to use "I" statements, and listen to when others are sharing their feeling.

THE LANGUAGE OF ACTIONS:

Every action tells a story. Whether it's jumping for joy, stomping with anger, or hugging for comfort, our behavior is always saying something.