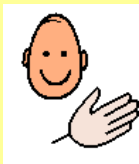


# About my behaviour



## Any challenging behaviour?:

Hitting my own body  
Grabbing food  
Wringing my hands/pulling on my thumbs and pinching myself  
Pinching others  
Biting my own hand  
Biting others  
Being noisy



## How you should manage my behaviour:

(Current recommendations from school, Summer 2010)

**Hitting my own body**— Staff to use 5 minute visual count down board. Offer me a soft object.

**Grabbing food**—Staff need to be vigilant and redirect me to use my PECS folder during the meal time

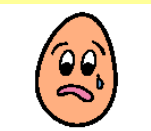
**Wringing my hands**— Staff not to give me eye contact as these behaviours are a way of looking for attention

**Pinching others**—staff to tell me "hands down" after which no speech or eye contact is used or T-teach

**Biting my own hand**—Staff to offer me an arm guard at times when I'm biting my hand and offer me a sensory toy. Verbal prompts to say "hands down". Last resort T-teach

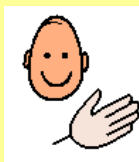
**Biting others**—Staff need to be vigilant and if necessary use T-teach response as method of last resort

**Being noisy**—I'm given one warning. If I still cry, then I need to be taken from the situation to a quieter area. Staff to use a 5 minute visual countdown board and then a transition symbol to come back to an activity. Staff to make sure that I have access to my PECS, so that I can tell staff if I want something. Staff to offer me a musical toy, an object to hold or offer dancing if appropriate.



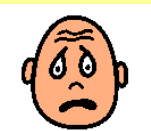
## Things that trigger my behaviour:

I don't like loud noises  
When a favourite activity is finished  
Being asked to do something I don't like  
When working with certain staff members  
Sensory stimulation  
I don't like people walking or waiting behind me, or being touched by people I don't know.



## Things that help:

Use minimal language to calm me  
PECS  
5 Minute count down board  
Trampoline  
I love anything musical or soft and anything I can twiddle



## What to do if I'm anxious:

Quiet voice, reassurance or offer me a quiet room.  
Offer me a soft object.  
Rocking gently  
Music

Date completed:

By: