

## FIGURE 3.7: BEHAVIOR SDI STRATEGIES

Area of Qualification	SDI Strategies
<b>Behavior Regulation</b>	<ul style="list-style-type: none"> <li>▪ Behavior contracts</li> <li>▪ Positive behavior support plans (PBSP)</li> <li>▪ Self-monitoring strategies (checklists, behavior charts)</li> <li>▪ Behavior replacement training</li> <li>▪ Zones of regulation (teaching emotional regulation strategies)</li> <li>▪ Social stories to explain social situations and appropriate behaviors</li> </ul>
<b>Instructional Delivery</b>	<ul style="list-style-type: none"> <li>▪ Precorrecting behaviors</li> <li>▪ Chunking tasks to make them manageable</li> <li>▪ Functional communication training (FCT)</li> <li>▪ Explicit modeling of social skills (peer interaction, turn taking, and conversational skills)</li> <li>▪ Peer-assisted interventions to promote positive behavior</li> <li>▪ Clear and consistent routines to reduce anxiety</li> </ul>
<b>Supportive Learning Environment</b>	<ul style="list-style-type: none"> <li>▪ Safe space or sensory break area</li> <li>▪ Calming strategies (for example, deep breathing and relaxation techniques)</li> <li>▪ Visual behavior cues (reminders of appropriate behavior)</li> <li>▪ Frequent breaks or movement breaks to manage energy levels</li> </ul>
<b>Academic and Behavioral Integration</b>	<ul style="list-style-type: none"> <li>▪ Explicit instruction in executive functioning skills (planning, time management, organization)</li> <li>▪ Differentiated reinforcement based on individual motivations</li> <li>▪ Instruction in problem-solving and conflict-resolution skills</li> </ul>