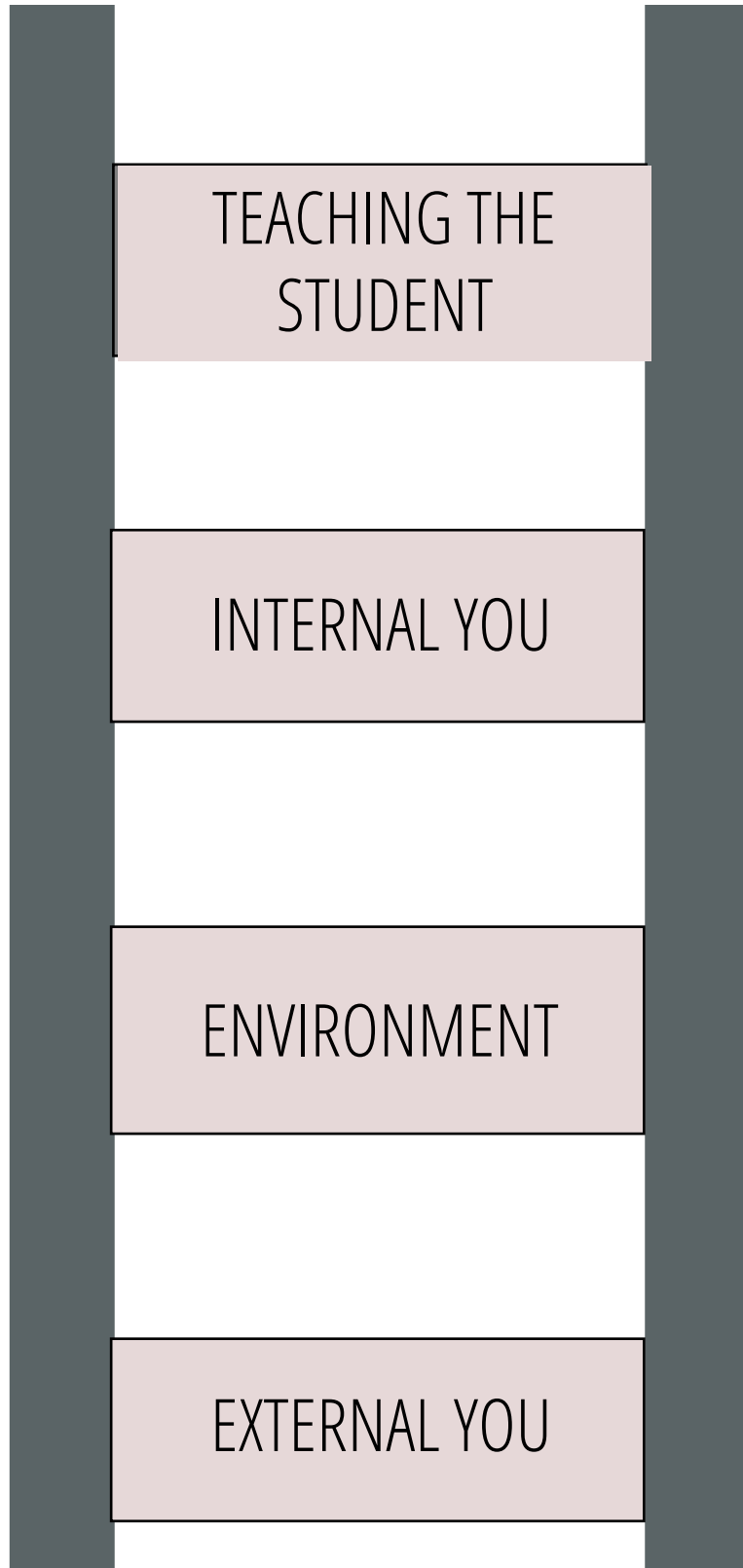


FOUNDATIONAL STEPS TO BEHAVIOR CHANGE



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1. EXTERNAL YOU	2. ENVIRONMENT
<ul style="list-style-type: none"> • Facial expressions • Non-verbal cues • Greetings • Using the power of 3 (first three minutes; last three minutes of the day) • ACE in conversation (acknowledge; compliment; eye contact) • Where you show up • How you dress each day 	<ul style="list-style-type: none"> • Classroom set up • Visuals on the walls • Instruction style • Schedule • Visuals + Tools available
3. INTERNAL YOU	4. TEACHING THE STUDENT
<ul style="list-style-type: none"> • Mindset + Beliefs • Increasing knowledge about trauma, behavior, instruction, curriculum, etc. • Personal + Professional Development 	<ul style="list-style-type: none"> • Replacement Behavior • Teaching contingencies to behavior

All quadrants are essential and are placed in an order that starts with the easiest and quickest to implement or change. Quadrant 1 are changes that can be made today, while quadrant 4 will take more time.

It is important to note all are essential to behavior change, among other variables as well! This list is not conclusive but is meant to be a starting point for you to create behavior change for yourself or your students.