

Behavior Management Strategies for Snowsports Instruction

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IDEAS TO CONSIDER:

- What is **behavior**? = A FORM OF COMMUNICATION that an individual may have difficulty expressing
- **Person-first language**: Centering the person.
 - The person comes FIRST, disability/diagnosis SECOND (e.g., “a child with Autism”, not “autistic child” unless the person identifies otherwise)
- When speaking with any student, use age-appropriate language and speak directly to your student
- Fostering self-awareness (from People Skills within the Learning Connection) can help instructors to better understand our student’s emotions and behaviors

Guide to Behavioral Management within a Lesson

1. PAUSE and ASSESS

What behavior is the student displaying?

- Is the student:
- Frustrated?
 - Distracting?
 - Disinterested?

2. CHECK the SITUATION/
ENVIRONMENT: What
could be the underlying
cause of the behavior?

Is the individual over-the-threshold
(e.g., sensory overload with new
tasks, equipment, people, sounds,
environment, etc.)?

3. ASK THE GROUP:

- Maslow’s basic needs: Hungry, thirsty, cold, tired?
- Is the person experiencing: Pain? Stress? Fear? Pressure to succeed? Outside challenges at home, school, work? Lack of interest/motivation?
- Are task expectations unclear? Do students feel supported in learning?

RECOVERY TOOLKIT

Choose a solution based on
information gathered

1. **Physical Release/ Sensory Support**: (Push-ups against wall, create tension in body then release)
 2. **Verbal Release**: Designated quiet or yelling space with set amount of time
 3. **For tantrums, fits, meltdowns**: If safe, give the person space. Let them know that you are nearby and care, but set boundaries.
 4. **Behavioral Agreements/ Contracts**
 5. **Either, Or Choices vs. saying NO**: “Either we do option A or B, you choose”
 6. **Ease into Transitions**: Give students advance notice that an activity is ending in X minutes or after the next activity
- **If you are in need of support, please ask for help!

PREVENTION STRATEGIES

Set boundaries. Understand student’s motivations and desires. Manage the pace and information of lesson. Teach to your student’s learning needs. Use your resources. Celebrate small successes!