



Henrico County Public Schools

26/27 School-Based Mental Health
Back-to-School Conference





Henrico County Educators

Behavior Interventions that Work

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AGENDA

5 - Welcome/Intro

25 - Understanding Bx

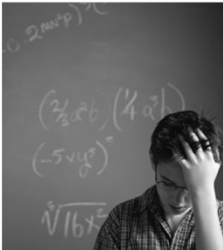
15 - Provide Support – Coach kids up!

15 - Individual Strategies

What will you try?



Key Take-Aways for Today



☐ We must understand a behavior to know what to do next. – 5 Minute FBA

☐ Teach, not tell.
Respond vs. React.

☐ Strategies to Try.

Understanding Behavior

✓ Behavior is an attempt to communicate a need. Bx is INFORMATION.

■ Student is trying to GET or GET OUT of something.

✓ Figure out the need, teach a **replacement behavior** that fulfills it - if possible and safe.

✓ Affirm the new behavior sincerely and often.

✓ 21-28 times.....



TELL
SHOW
PRACTICE – PROMPTED PRACTICE
FEEDBACK
REVIEW

<https://www.cultofpedagogy.com/replacement-skills/>

2

2026

Who is YOUR Richard?

Initials:

1.

2.

3.



Sometimes we don't see the gifts our challenging students bring. Look harder.

Purpose of Behavior	
Get	Get Out
1.	1.
2.	2.
3.	3.
4.	4.

Professional in Training
P.I.T.

Pg. 115

I need you to stop ____ because ____ and here are 2 things you can do instead.

Steps to teaching a student to be Respectful:

1.

2.

3.



De-Escalation

Why is de-escalation so difficult?

RESPOND vs. REACT



Language of Disagreement & Communication

Pg. 168

- 4 Word Strategy
- Use "I" statements
- Broken Record Responses
 - Asked and Answered.
 - Your choice has earned a consequence.
 - If you choose ____, then you choose ____.
- 5 other ways to say shut up (List)



4 Word Strategy – p.78

Yes mam/sir, May I
Yes, May I
Sure, May I
Ok, May I
I hear you, May I

"I" Statements



“Get Me Out of Trouble Plan”from Hanging In

1. These things make me really mad really fast:
- 1

• 2

• 3
2. Ways I can avoid these things.
3. What can I do to calm myself when one of these things happens?
4. Who should I go to for help before I make a decision that leads to trouble?

5 Individual Strategies to Consider



- **MVP Card (p159)**– Behavior Interval Training (used to decrease high frequency Bx)
 - Choose One behavior. Choose time interval that the student will need to refrain from the behavior (5, 10, 15, or 20 min.) Student has the chart and timer at seat. Each interval that is successful is marked with a check. When they get all 6 checks, the WHOLE class earns a privilege in the student’s honor.
- **5 Days of Excellence**
 - While similar to MVP, this is for a student with lower frequency of a behavior. They are trying to get 5 days of excellence meeting a specific behavior goal – days do not have to be consecutive. Whole class earns a privilege
- **Character Cubes** – Use math/unifix cubes and student earns one cube for each time interval that meets criteria. Decide set number of cubes or write letters on cubes to spell a word. Earns privilege for self or class.
- **VIP Student (p. 155)** – Weekly recognition for VERY IMPROVED PERSON. Certificate given on Fridays & student gets **VIP privileges for the following week.**

Action Plan

Areas of Need:	Strategy to Implement
1.	1.
2.	2.
3.	3.

What will you try?

Please share TWO IDEAS you want to implement with your students or add to your practice!

The secret of getting ahead is getting started.

Scan for Resources

<https://rb.gy/gvm2w>

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