What Do I Say Now?

In the next lesson, you will learn about responding to challenging behavior. In this activity, you will begin thinking about challenging behavior in terms of social and emotional competence. Challenging behaviors are often signs that a child could use support around social and emotional competence. As you read these scenarios, think about how you could encourage the child to use social skills instead.

Carlos has a crush on Sandi. While they were eating snack, a few kids started teasing him about it—right in front of Sandi. He got very angry and started pushing the children who were teasing him.

- Why is Carlos angry?

- What social skills might help Carlos in this situation?

- What emotions is he likely feeling?

- How could you help Carlos express his emotions in a healthy way?

Talia forgot her math textbook at school. She had important homework to do, and she is very upset. She plopped down on the couch and has not moved. She just sits there and says, “I’m going to flunk. Leave me alone.”

- What social skills might help Talia in this situation?

- What emotions is she likely feeling?

- How could you help Talia express herself and build social and emotional competence?