**Calming Challenging Behaviors Learning Activities**

During the training you learned that many times challenging behaviors are a result of an “intense brain,” with symptoms of fight, flight, freeze and the key to calming that brain is to help a youth feel calm and safe. Many strategies were presented to assist with this. You are encouraged to reflect, discuss, and practice these strategies. Below are just a few ways to do this:

**Activity #1**

The best intervention during a challenging situation is you. It’s important for Youth Care Professionals to stay calm in an effort to co-regulate a situation. Think about the ways you model or could model calm at work.

1. What do you do to model calm in the moment?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What do you do for self-care that allows you to show up and stay calm during reactive situations?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Activity #2**

“When you connect children to their emotions you connect them to you”

Acknowledging the emotion beneath a behavior many times can help a youth calm and move beyond the situation.

1. List a situation with youth that challenges you.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What might have the young person been feeling at the time?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Find an opportunity to look beneath a situation and help a youth name the emotion they are feeling. Discuss how this went with your supervisor. What went well? Are there things you would do differently next time? Does your supervisor have suggestions?