

Introduction

Teachers manage a wide variety of behaviors during any given school day. One of the fun aspects of teaching is the experience that children say and do the “darndest” things. Students are often charming, delightful, coy, silly, and animated. Students sometimes also exhibit annoying or even destructive behaviors. Whining and tantrum behaviors fall into this latter category. Teachers can communicate with their students in ways that convey their respect and sincere empathy. When daily problems arise, teachers can and often do follow these steps:

- a. listen to the student’s feelings and needs
- b. summarize the student’s point of view
- c. express feelings and needs
- d. invite the student to participate in finding a solution
- e. decide with the student which solution to implement and how to implement it

Although this process is often effective in addressing a student’s problem, sometimes persistent patterns of problem behavior such as whining or tantrum behaviors develop. When this happens, a systematic approach to addressing the problem behavior is warranted. The following is a description of a systematic approach to problem solving in the classroom.

Steps for Modifying Behavior

➤ Step 1. Choose a Behavior To Modify

Whining and tantrum behaviors are examples of behaviors that interfere with a student’s ability to engage in appropriate social interactions with adults and peers. However, the two do not always co-occur. Moreover, simply because they are similar in form, they may not occur for