

“WHAT CAN I START DOING TOMORROW?” CHECKLIST

8 practices to start using tomorrow – an overview of the training

Code: B-N6 • **Module:** 1–7 • **For:** teacher • **Stage:** all stages of education • **Toolkit:** “Try it tomorrow” section

This is “first aid” after the training. You do not have to introduce everything at once. Start with one practice and apply it consistently.

- ☐ **Name the area, not the child** – describe the specific behaviour; do not attach a label.
- ☐ **Count it before you call it challenging** – check whether the behaviour repeats and under what conditions.
- ☐ **Note the context** – write down what was happening just before, where and at what time – ideally right after the event.
- ☐ **Work through the six areas of possible causes** – sensory factors, structure, change, communication, health/medication, demands.
- ☐ **Ask the second question** – not only “what triggered it?”, but also “what function does this behaviour serve?”.
- ☐ **Act early, not after the fact** – choose one small proactive change and check its effect before adding another.
- ☐ **Notice and reinforce what works** – once a day, name one specific positive behaviour.
- ☐ **Put on your own oxygen mask first** – breathe out, use few words and speak slowly, allow time – a calm adult can provide a point of stability for the child.

The one practice I choose: **When I will check the effect:**

 **Remember.** Safety and lowering tension come first, talking about the event comes later. Small, consistently reinforced steps can lead to lasting change.

 *A support tool – not a diagnostic tool. Choose one practice and apply it for an agreed period – usually plan the first review after about 3–4 weeks (sooner if safety worsens).*