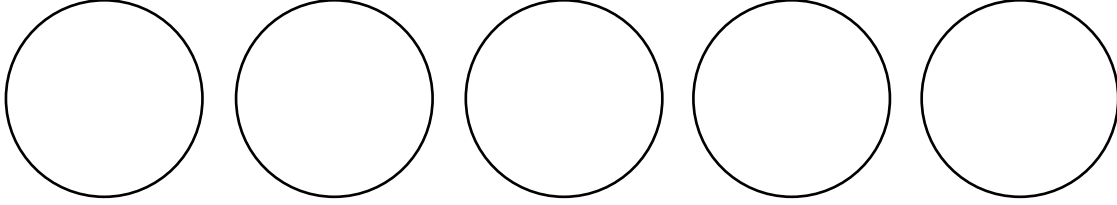
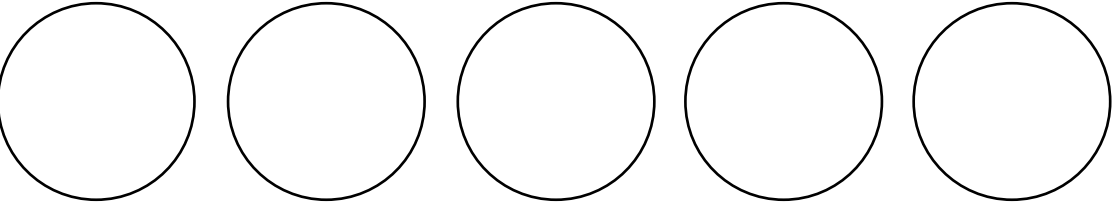
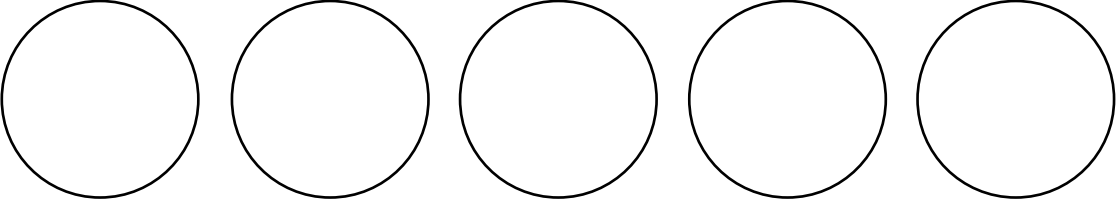


## Hot Button Activity

<p>On each circle going across, write the behaviors that push your buttons.</p>					
<p>On each circle going across, write your feeling(s) when faced with these behaviors.</p>					
<p>On each circle going across, write how this impacts your relationship with the child and/or family.</p>					
<p>In each section going across, write the thought you have about the child and the behavior that pushes your buttons. This is also called a <b>Problem Statement</b>. You will need that in reframing.</p>					

## Reframing Activity

When your buttons get pushed, you usually have a strong emotional response to a challenging behavior. Reframing helps you reconnect to your “thinking brain” as a first step toward brainstorming ways to work with the child in a supportive manner. Don’t rush to solve the “problem” when your button is pushed. First reframe, **then** solve the problem.

### Steps to Reframing:

1. Acknowledge your emotion about a behavior that pushes your buttons.
2. Write a statement that captures what you think about the problem.
3. Reframe the behavior by thinking about it in another way:
  - a. How can this behavior be seen as a strength?
  - b. What might child be trying to communicate?
  - c. What does the child’s behavior tell us?
  - d. What is the perspective of the child?
4. Using your reframed thoughts, write a new statement about the challenging behavior.

***Reframing is the bridge from “flipped lid” moment to effective and supportive problem solving.***

PROBLEM STATEMENT	REFRAMED STATEMENT
1. He whines and talks from the moment he gets here until the time he goes home.	<i>He works hard to let us know something is bothering him.</i>
2. She is constantly shadowing me and touching me throughout the day.	<i>Adult closeness and attention are important to her.</i>
3. I have to watch him like a hawk, or he’ll run down the hall or go out the gate.	<i>He is very active.</i>
4. She constantly knocks over other children’s constructions, destroys other children’s artwork, and grabs their papers.	<i>She is using her body to try to express something.</i>
5.	
6.	
7.	
8.	