



Easy to implement
strategies for
EBD in a busy
classroom





Dear beautiful teacher...

Teaching is one of the most rewarding paths, but it's certainly not for the faint-hearted. Every day, you wear so many hats—educator, mentor, counsellor, cheerleader—and you balance it all with incredible grace. From addressing each child's unique needs and creating a supportive classroom to fostering discipline whilst still encouraging creativity, your resilience, empathy and dedication make a world of difference.

This guide was created with you in mind, knowing how tirelessly you work and just how full your days are. It's designed to be a practical, supportive resource to help you better understand and manage EBD in the classroom.

No overwhelming details, just straightforward strategies and insights to make things a little easier. Thank you for all that you do. Your commitment and compassion make a tremendous impact every day.

With love and warm wishes...

Genevieve Joseph-Williams



What is...

EBD

Emotional and Behavioural Disorders (EBD) encompass a variety of emotional and behavioural difficulties that can significantly impact a child's ability to learn, engage with peers and follow classroom rules. Conditions included under this umbrella range from anxiety disorders, which can lead to excessive worry and fear, to Oppositional Defiant Disorder (ODD), characterised by a persistent pattern of angry, irritable mood and argumentative or defiant behaviour, as well as Conduct Disorder, where more severe antisocial behaviours occur. Students with EBD often struggle with emotional regulation, social interactions and may exhibit disruptive behaviours that hinder their learning and that of their peers.



QUICK CHECKLIST FOR IMPLEMENTATION

Establish Clear and Consistent Routines

Implement Classroom Management Techniques

Offer Flexible Seating Options

Provide Individualised Support Plans

Foster Positive Relationships

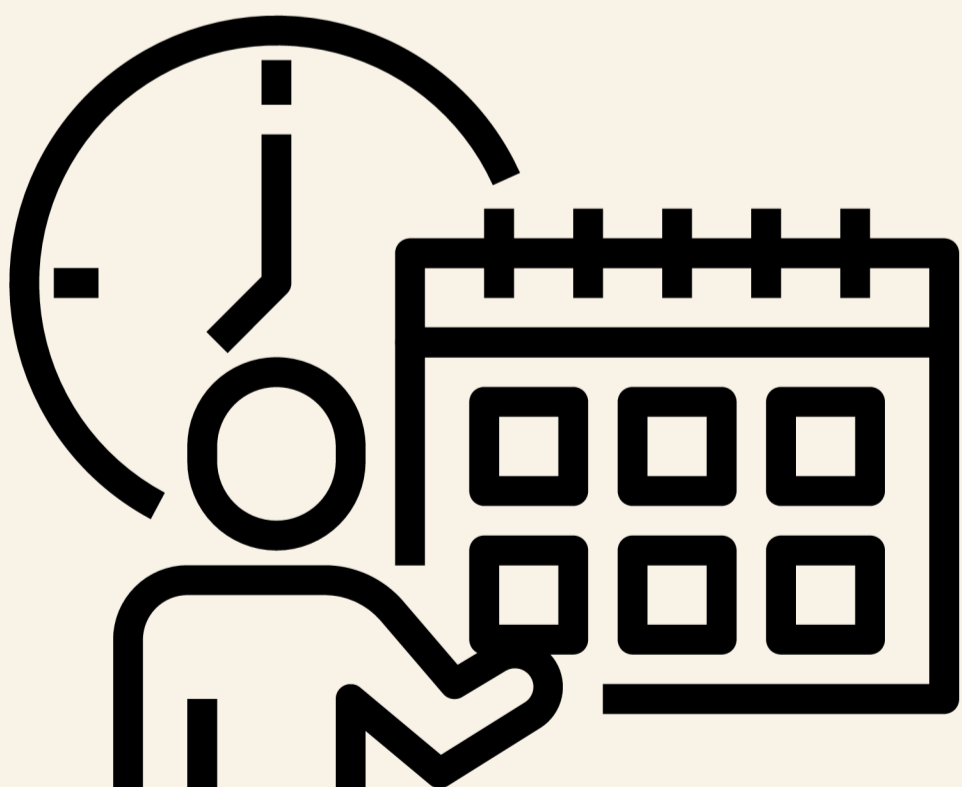




ESTABLISH CLEAR AND CONSISTENT ROUTINES...

Predictable routines help students feel secure and less anxious about what to expect throughout the day. When students know the sequence of events and can anticipate changes, they are less likely to experience overwhelming feelings that can lead to disruptive behaviours. With a clear structure in place, they can dedicate their cognitive resources to understanding the material instead of navigating an unpredictable environment.

- **Create a predictable daily schedule** that outlines the flow of the school day, helping students feel secure and prepared for what lies ahead. A consistent routine reduces anxiety, as students know what to expect and when to expect it.
- **Use visual timetables** with images and symbols to reinforce these routines and facilitate smoother transitions between activities. Visual aids cater to various learning styles and help students grasp the structure of the day quickly.
- **Incorporate Time Reminders:**
Use timers or visual countdowns to signal transitions and upcoming changes in activities. For example, a visual timer can show how much time is left for a task, allowing students to prepare mentally for the next step. This not only helps students with time management but also eases the anxiety of sudden changes, making the learning environment more supportive and structured.



A predictable environment fosters trust between teachers and students. When educators consistently reinforce routines, students feel valued and understood, which can lead to stronger, more positive relationships.



IMPLEMENT CLASSROOM MANAGEMENT TECHNIQUES...

Classroom management techniques promote positive behaviour through reinforcement, establish clear expectations that reduce confusion and enhance focus by minimising disruptions. A well-managed classroom creates a sense of safety, allowing all students, especially those with emotional and behavioural disorders (EBD), to express themselves comfortably.

- **Employ Positive Reinforcement Strategies:**

Utilise various rewards to encourage and reinforce desired behaviours, such as verbal praise, tangible rewards like stickers, or a token system. By recognising and celebrating even small achievements, you can motivate students to adhere to classroom rules and foster a positive learning atmosphere. This approach not only builds confidence but also encourages a growth mindset among students. Additionally, consider incorporating a "student of the week" recognition system to further promote positive behaviour and provide students with a sense of accomplishment and belonging within the classroom community.

- **Set Clear Expectations for Behaviour:**

Clearly outline the expected behaviours in the classroom and establish specific, consistent consequences for breaking rules. By communicating these guidelines and consistently enforcing them, you create a sense of fairness and accountability. This structure helps students understand the boundaries within which they can operate, leading to fewer behavioural issues and a more harmonious classroom environment.

Tailored management techniques can address diverse needs, providing necessary support and enhancing the overall learning experience.

Ultimately, effective classroom management creates a structured and supportive atmosphere critical for student success and well-being.





OFFER FLEXIBLE SEATING OPTIONS...

Offering flexible seating options in the classroom enhances the learning environment by accommodating individual preferences, promoting engagement and supporting sensory needs. By allowing students to choose comfortable seating—such as bean bags or standing desks—they can better manage their focus and energy levels, leading to improved concentration and reduced anxiety.

- **Provide Choices in Seating Arrangements:**

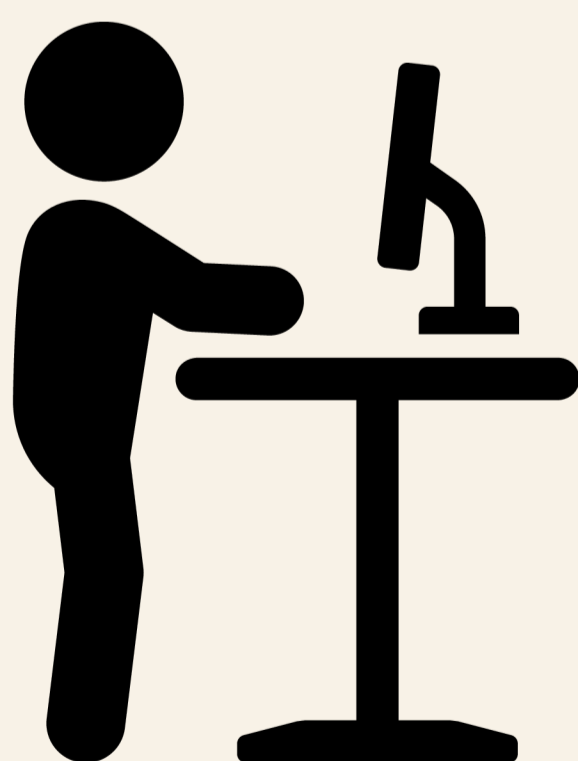
Allow students to select their seating based on their individual needs, such as standing desks, wobble stools, or quiet corners for those requiring a sensory break. This flexibility enables children to identify their optimal learning environment, promoting engagement and focus, especially for those who may struggle with traditional seating.

- **Encourage Collaboration through Seating Configurations:**

Organise seating arrangements that facilitate collaboration and group work, such as clusters of desks or movable seating. This setup promotes communication and teamwork, allowing students to engage with their peers more effectively. Collaborative seating configurations encourage social interaction, which can enhance language skills and foster a sense of community within the classroom.

- **Incorporate Regular Movement Breaks:**

Schedule short movement breaks throughout the day to allow students to stretch, walk, or engage in calming activities. These breaks help students manage their energy levels and maintain focus, reducing restlessness and improving overall concentration during lessons.



Flexible arrangements also facilitate collaboration and social interaction, encouraging teamwork and communication among students.



PROVIDE INDIVIDUALISED SUPPORT PLANS...

Providing Individualised Support Plans (ISPs) is essential because they offer tailored strategies and resources designed to meet the specific needs of each student. By collaborating with relevant professionals and parents, ISPs identify unique goals and interventions that address individual challenges. Regularly reviewing and adjusting these plans ensures they remain effective and responsive to the child's evolving needs, fostering an inclusive environment where every student can thrive.

- **Collaborate on Personalised Behaviour Plans:**

Work closely with relevant staff, professionals, parents and child where possible, to create tailored behaviour intervention plans that address each student's unique needs. These plans should outline specific goals, strategies and supports to help children navigate their emotional and behavioural challenges effectively.

- **Regularly Review and Adjust Plans:**

Continuously assess and adapt these individualised plans based on student progress and feedback. By remaining responsive to each child's evolving needs, you can ensure that the support provided is effective, relevant and conducive to their development.

- **Incorporate Student Input:**

Involve students in the development of their own support plans by seeking their input on goals and preferred strategies. This collaborative approach empowers students, promotes ownership of their learning, and fosters greater engagement in the process, making it more likely they will adhere to the interventions outlined.

This personalised approach not only supports academic success but also enhances emotional well-being, helping students build confidence and develop essential skills for learning and social interaction.





FOSTER POSITIVE RELATIONSHIPS...

Fostering positive relationships in the classroom is essential for creating a supportive and inclusive environment where students feel valued and understood. When teachers establish strong, trusting connections through regular check-ins, active listening, and open communication, students are more likely to express their feelings and concerns without fear of judgment. This sense of belonging not only enhances students' emotional well-being but also encourages positive behaviour and engagement in learning activities.

- **Build Trust Through Consistent Check-Ins:**

Establish strong, trusting relationships with students by regularly checking in on their well-being and encouraging open communication. Active listening creates a supportive atmosphere where students feel comfortable expressing their feelings and concerns without fear of judgement.

- **Show Empathy and Understanding:**

Validate students' experiences and feelings, helping them develop emotional regulation skills. When students feel valued and understood, they are more likely to engage positively in the classroom, enhancing their overall learning experience and fostering a sense of belonging within the school community.

- **Encourage Peer Support and Collaboration:**

Promote opportunities for students to work together in pairs or small groups, fostering camaraderie and mutual support. By encouraging collaborative learning, students can develop friendships, enhance their social skills, and learn to appreciate diverse perspectives. This approach not only strengthens peer relationships but also helps students feel more connected to their classmates, contributing to a positive classroom environment where everyone feels included and valued.

Showing empathy and validating experiences helps children develop emotional regulation skills, leading to better social interactions and improved academic performance. Ultimately, nurturing these relationships creates a foundation for a positive classroom culture where every student can thrive.



♥
**TEACHING IS A
WORK OF HEART**

Your work to support students with EBD is invaluable. You create a foundation where every child can feel safe, understood, and able to learn.

Each thoughtful adjustment shows students that they're valued just as they are. It also helps nurture an inclusive classroom where everyone learns from and benefits from the empathy you bring.

There is a lot to manage in a classroom and the pace you set is yours to choose. Even small changes over time, can lead to powerful, overall impact. Your compassion and willingness to adapt creates a more understanding, cohesive environment, not only for the child with EBD but for every student who witnesses the acceptance and respect you model.

Thank you for being a source of strength and patience. Your dedication and care shapes a brighter, more inclusive world, leaving an impact that reaches far beyond the classroom.

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