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Addressing Challenging Behaviors: Promoting Social and Emotional Health in Young Children

Quiz

MODULE 4

- 1) Which of the following should be developed in order to successfully support children through behavior change and to become an empowered and intentional teacher?
 - a. A standard response to challenging behavior that you can use when it occurs unexpectedly
 - b. skills and strategies founded on evidence based practice and current research for responding to challenging behavior
 - c. clarity about when to use punishment and when to use discipline
 - d. ability to assess the classroom climate quickly and react intuitively and instinctively to challenging behaviors

- 2) When positive guidance and discipline strategies are focused on children’s growth and development rather than punishment, a child will be more likely to
 - a. Obediently follow all the rules in the classroom.
 - b. Rely on you as a facilitator to resolve problems with other children instead of trying it by themselves.
 - c. Develop a growth mindset recognizing that they can learn new ways of solving problems.
 - d. Require the help of an adult to negotiate conflict each time it arises.

- 3) Positive guidance supports the development of self-regulation because it
 - a. Works quickly to change the challenging behavior to positive behavior.
 - b. Supports children’s change toward pro-social behavior through consistent external rewards and penalties.
 - c. Provides clear expectations in the form of rules that are set for the year.
 - d. Builds the capacity to think for oneself, which supports the development of an internal voice that enables a child to distinguish right from wrong on his/her own.

- 4) To feel empathy, children must
- Recognize emotion in themselves.
 - Know how to respond to emotions.
 - Have experienced friendships.
 - Know how to label emotions.
- 5) Complete this sentence. Time out was intended to _____, but turned into a strategy that _____ and _____.
- Time out was intended to help children reflect, but it turned into a strategy that removed children from the group and increased their anger.
 - Time out was intended to help children regroup, but it turned into a strategy that isolated and punished them.
 - Time out was intended to help children change behavior, but it turned into a strategy that removed children from the group and made them fearful.
 - Time out was intended to punish children, but it turned into a strategy that guided and taught them.
- 6) Which of the following is an example of logical consequences?
- A child talked out of turn at morning meeting. The child was sent to time out for 15 minutes.
 - A child refuses to pick up the blocks he was playing with. The child is given the choice to pick up the blocks so they are ready for everyone to use or he cannot play with them for the rest of the day.
 - A child threw dirt on the playground. The child was not allowed to use the computer that afternoon.
 - A child runs down the hall past other classes, singing loudly and disturbing them on her way back from the playground. The child is asked to sit quietly in their classroom for 20 minutes.
- 7) Choose which of the following statements is INCORRECT. Program-based policies and procedures are important because they _____:
- protect you and your program from lawsuits by offering a written statement of responsibilities, rights and the appropriate and legal range of actions you may take.
 - provide support to you as a teacher.
 - provide a way to quickly and easily expel a child that you aren't capable of helping.
 - provide teachers and families with clarity about the actions you may take as a teacher in regard to dangerous behavior.

- 8) Because vulnerable children can become targets for repeated bullying by the age of 8, it is critically important that you teach and empower all the children in your classroom how to
- a. avoid bullies.
 - b. respond when they see unkind, threatening behaviors.
 - c. fight back when a bully uses aggressive behavior.
 - d. walk away without comment when bullied to avoid giving the bully attention or reinforcement.
- 9) Challenging Behavior can be differentiated from typical behavior that is challenging. A consideration in determining whether a behavior plan is appropriate is if the behavior
- a. Is infrequent.
 - b. Involves tantrums.
 - c. Is aggressive.
 - d. Lasts over a long period of time.
- 10) One of the most common reasons for challenging behavior in young children is
- a. Parents.
 - b. To avoid or escape something.
 - c. Not ready for child care.
 - d. Trying to ruin someone's day.