

Understanding Junk Behavior

The term Junk Behavior refers to minor, unwanted behaviors that may be annoying, but they are not dangerous, harmful or illegal. Some examples of Junk Behavior include: whining, arguing, pouting, sticking tongue out or baby talk. Hitting, kicking and throwing objects are not Junk Behavior. These are more serious behaviors that should be dealt with using different approaches.

Students show Junk Behavior for a variety of reasons. They may be searching for attention, attempting to avoid their work or task, make someone leave them alone, or may be trying to get you upset. Whatever their motivation, here are some strategies to help you curb Junk Behaviors.

Key Ideas:

- Pivot and Praise
 - Minimize the attention you give to Junk Behavior. Instead, look for better behavior to positively reinforce or compliment.
- Focus on the Good
 - Rather than focusing on what your student is doing wrong, your focus should be on what they're doing right.
- Remain Calm
 - Try to ignore the Junk Behavior. Responding while emotionally charged could lead to a power struggle and result in failure to complete the task.
- Be Consistent
 - Because these behaviors can be annoying, do not let your mood determine your response. Have a plan to respond consistently.