

Behavior Management

Length: 30-45 minutes | Designed for grades 6-8



Summary

The videos and corresponding classroom lesson has been designed to teach kids how to prevent behavior issues and manage difficult behavior.

In the following videos and lesson, students will learn six behavior management tips to use to manage difficult or challenging behavior. Students also will learn tips for communicating with children.

The lesson is intended to present students with child care skills to prepare students to manage behavior and prevent problem situations.

Objective

- Students will be able to list the six Behavior Management Tips and apply them to appropriate situations.

Teaching Supplies

- [Why Won't the Kids Listen to Me? video](#) ↗
- [Babysitting Bad Behavior Hacks video](#) ↗
- [\[Optional\] How to Handle Siblings Who Are Always Fighting video](#) ↗
- [Behavior Matching Activity](#) 🔒
- [Behavior Management Comprehension Worksheet](#) 🔒
- [Behavior Tips Worksheet](#) 🔒
- [Behavior Tips Poster](#) 🔒

Comprehension Questions

- What are the three things you can do to get a child to pay attention to you?
- What are things you can do to keep your cool when you start to get frustrated?
- What are the six Behavior Management Tips?
- What should you do if the kids start to hit each other?
- What should you do if you can't get the kids to stop fighting?

For more video-based learning lessons on child care, visit safesitter.org/lessonplans.

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TEACHER INSTRUCTIONS

- 1 Introduce the unit by playing the video, *Why Won't the Kids Listen to Me?*

3 minutes

- 2 Pass out the **Behavior Matching Activity** and have students work as a group to match the behavior issue with the correct response. Have volunteers share their answers with the rest of the class.

10 minutes

- 3 Pass out the **Behavior Management Comprehension Worksheet** and then play the videos *Babysitting Bad Behavior Hacks* and [optional] *Babysitting for The Bickersons: How to Handle Siblings Who Are Always Fighting*.

3-7 minutes

- 4 When the videos are over, have students get into small groups of 2 or 3 and discuss the questions. Have volunteers share their answers with the rest of the class.

10 minutes

- 5 Pass out the **Behavior Tips Worksheet** and have students work as a group to come up with an example of what to do in each scenario for the Behavior Tips.

10 minutes

* Optional Activity

Choose a student volunteer to role-play calling a back-up adult for help.

Role-play:

You have been babysitting for 6-month-old Trent for about an hour. He awakes from a nap crying. You fed him before his nap so you know he's not hungry. You change his diaper and offer him a pacifier. He refuses the pacifier and continues to cry. You comfort him by cuddling, gently rocking, softly talking to him, and slowly walking. After 20 minutes, Trent is still crying. Let's do a role-play so that you can practice calling a back-up adult.

- Hello?
- Is Trent okay?
- I'll be there in five minutes!

5 minutes

- 6 At the end of the class, have students write down two things they learned and one thing they would like to learn more about.

2 minutes

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ANSWER KEY

Behavior Matching Activity

Afraid of Things: Comfort child with distractions such as story or game.

Arguing or Fighting: Settle the argument as fairly as possible. If physical fighting, separate the children.

Breaking Rules or Not Listening: Be firm, and remind child that you have the responsibility to enforce employer's rule. Warn child of the consequences for this behavior.

Breaking Something: Pick up pieces and put them where no one will be hurt. If you are unable to keep child safely away from the danger while you clean up, then block off the area.

Hitting or Kicking: Separate child from others. Allow child to Take a Break/Start Over. Remind child to use words instead of hitting or kicking when angry.

"Hyper" Behavior: Help child use the energy through an active game, or change activities if the child is bored or frustrated.

Potty Training Accident: Clean child and change child's clothes if needed. Do not scold or tease child.

Saying "No. No. No.": Respect the "no" if child really means it. Do not make fun of a child who says no to everything.

Teasing Younger Siblings: Distract older sibling with a request that acknowledges the age and abilities of older child.

Behavior Management Comprehension Worksheet

1. **What is one thing you can do to get a child to pay attention to you?** [Get down to their level, look the child in the eye, use a slow but firm voice.]
2. **What is one thing you can do to keep your cool when you start to get frustrated?** [Take a deep breath, count to ten in your head, etc.]
3. **What are the six Behavior Management Tips?** [Provide comfort, distract, give choices, make a game, when ... then, and take a break and start over.]

5. **What should you do if the kids start to hit each other?** [Separate the children immediately, take a break and then start over.]

6. **What should you do if you can't get the kids to stop fighting?** [Call a parent or a back-up adult.]

Behavior Tips Worksheet

PROVIDE COMFORT: Sophia, 3, wakes up from a nightmare and screams for her parent.

Speak to Sophia in a soothing voice, offer Sophia her favorite doll, and tell Sophia a story to help Sophia fall asleep again.

DISTRACT: Sara, 2, cries when her mother leaves.

Pick up Sara's stuffed bear and sing while making the bear dance. Sara is then entertained and doesn't notice that her mother left.

GIVE CHOICES: Denzel, 4, takes a ball from his brother.

Say something like, "You need to give the ball back to your brother. Do you want me to hand it to him or would you like to?"

MAKE A GAME: Jacob, 3, doesn't want to pick up his toys.

Say something like, "You pick up the toys on one side of the room, and I'll pick up the toys on the other side and we'll see who gets done first."

WHEN ... THEN: Ella, 6, doesn't want to get ready for bed.

Say something like, "When you put on your pajamas, then we'll read your favorite book."

TAKE A BREAK/START OVER: Carlos, 3, is playing rough with a toy car and doesn't stop when you ask.

Have Carlos take a break and put the car out of his reach for three minutes. After three minutes, give Carlos the car and say something like, "Okay, let's start over."

For more video-based learning lessons on child care, visit [safesitter.org/lessonplans](https://www.safesitter.org/lessonplans).

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Name: _____

Date: _____

Behavior Matching Activity

Draw a line from the behavior issue to the appropriate response as shown in the example below.

	Respect the “no” if child really means it. Do not make fun of a child who says no to everything.
Afraid of Things	
Arguing or Fighting	Settle the argument as fairly as possible. If physical fighting, separate the children.
Breaking Rules or Not Listening	Help child use the energy through an active game, or change activities if the child is bored or frustrated.
Breaking Something	Separate child from others. Allow child to Take a Break/Start Over. Remind child to use words instead of hitting or kicking when angry.
Hitting or Kicking	Comfort child with distractions such as story or game.
“Hyper” Behavior	Clean child and change child’s clothes if needed. Do not scold or tease child.
Potty Training Accident	Pick up pieces and put them where no one will be hurt. If you are unable to keep child safely away from the danger while you clean up, then block off the area.
Saying “No. No. No.”	Be firm, and remind child that you have the responsibility to enforce employer’s rule. Warn child of the consequences for this behavior.
Teasing Younger Siblings	Distract older sibling with a request that acknowledges the age and abilities of older child.



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Behavior Management Comprehension Worksheet

Answer the questions below based on the information you learned while watching the behavior management videos.

1 What is one thing you can do to get a child to pay attention to you?

2 What is one thing you can do to keep your cool when you start to get frustrated?

3 What are the six Behavior Management Tips?

1.	4.
2.	5.
3.	6.

4 What should you do if the kids start to hit each other?

5 What should you do if you can't get the kids to stop fighting?

In this lesson, I learned: _____

One thing I would like to learn more about is: _____



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Date: _____

Behavior Tips Worksheet

Read the scenario and list how you could apply the behavior management tip listed to the scenario.

PROVIDE COMFORT

Sophia, 3, wakes up from a nightmare and screams for her parent. What could you do?

DISTRACT

Sara, 2, cries when her mother leaves. What could you do?

GIVE CHOICES

Denzel, 4, takes a ball from his brother. What could you do?

MAKE A GAME

Jacob, 3, doesn't want to pick up his toys. What could you do?

WHEN ... THEN

Ella, 6, doesn't want to get ready for bed. What could you do?

TAKE A BREAK/START OVER

Carlos, 3, is playing rough with a toy car and doesn't stop when you ask. What could you do?



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6 BEHAVIOR MANAGEMENT TIPS



Provide Comfort

Make sure the child isn't tired, hungry, or needing a diaper change. Offer the child a favorite stuffed animal or doll, give the child a hug, or speak to them with soothing words.



Distract

Use a toy, story, or song to distract the child's attention.



Give Choices

Offer the child acceptable choices while still insisting on what needs to be done.



Make A Game

Turn something that needs to be done into a game.



When ... Then

Promise something the child wants to do after the child does something they do not want to do.



Take A Break / Start Over

Have the child take a break by sitting in a chair or time without a toy for 1 minute of each year of the child's life. When break time has ended, help the child return to play by saying, "Okay, let's start over."