

Beyond the Behaviour: A Practical Guide to Nurturing a Positive Classroom Environment

For Experienced Educators

Behaviour is communication. Look beyond the surface to understand the underlying needs. Your presence, relationships, and consistent approach are your most powerful tools.



**Association of Mental
Health in Education**

Foundational Strategies & Communication



Focus on Strengths:
Shift from problems to solutions.
Leverage student strengths to empower them.

Foundational Strategies:
Relationships & Reinforcement

Positive Reinforcement:
Actively praise effort, hard work, and good achievements.
Model desired behaviours.

Prioritise Wellbeing:
Promote resilience, belonging, and social-emotional learning.
Connected students have greater self-regulation.

Communication & Role Modelling

Be a Positive Role Model:
Lead by example: Punctuality, organisation, respectful conduct.

Calm, Consistent Communication:
Deliver instructions positively; avoid shouting or sarcasm.

Know Their Names:
Shows respect, personalises interactions, aids order.



Maintain Consistency:
Follow through on sanctions/boundaries.
Certainty of consequence > severity.

Practical Interventions & Proactive Prevention

Establish a Code of Conduct:

Involve students in creating classroom rules for buy-in.
Post visible, simple guidelines.



Utilise a Quiet Area:

Designate a "calm-down space"—for reflection, not punishment.



Address Difficult Behaviour Privately:

Take students aside; they're more receptive without an audience.



Engage with Active Learning:

Combat disengagement with differentiation and active teaching methods. Prevent boredom-driven behaviours.

Leveraging School & Colleague Support



Work as a Team:

Don't hesitate to call for help from colleagues during serious incidents.

Present a united adult front.

Utilise School Policy:

Familiarise yourself with the school's behaviour policy.

Use established line management for support and guidance.



Toolkit Preview (Downloadable Resource)

Explore Membership

Downloadable Resources for AMHIE Members:

- "Practical Strategies for Behavioural Interventions" Toolkit
- "Behaviour is Communication" Iceberg Diagram: Visual aid.
- De-escalation Flow Chart: Step-by-step guide for managing heightened emotions.
- "Check-In" Cards: Prompts for quick, meaningful student conversations.
- Positive Reinforcement Prompts: Phrases and actions to foster positive behaviour.
- Student Support Checklist (SENCos/SLT): For persistent concerns and tiered interventions.

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