

Behaviour	Frequency	Improvement	Details	Reasoning
Inattention				School is a very single-stimulation experience. Oftentimes, kids feel under stimulated, and the natural response to that feeling is boredom and a lack of attention. It is not disrespectful or ill-intended, it simply is their coping mechanism
Misconduct				When under intense pressure, constant scrutiny, a safe environment loses its comfort and results in reactions that are disproportionate and extreme. It is at its core the processing of intense emotions and powerful feelings.
Issues with compliance				Having authority figures that create a hostile environment results in constant questioning above basic curiosity. One constantly disobeys if they don't understand, or do not trust.
Altercations				Students can react one of three ways: Misconduct, issues with compliance, or altercations.
Shutting down				There are two reasonings behind shutting down. Primarily, if there is an influx of information that is too much for one to process it leads to shutting down-passively listening and processing as comprehension becomes a second priority.
Meltdowns				Secondly [this applies to meltdowns as well] it can be a simple result of feeling extremely confused, out of place or simply overwhelmed.
Extreme emotions				Not learning how to regulate emotions leads to a natural suppression of 'negative feelings' in lieu of positive ones. This results in small incidents causing large reactions as a result of not understanding and processing information as and when it is felt.
Extra Notes				

Emotions are a complicated realm of life. They are keystones that influence behaviour. In school however, a plethora of behaviours are exhibited. More often than not children feel frustrated, confused and inadequate. This results in their 'problematic behaviour', which is simply an outlet and processing pathway for their feelings. Methods such as grounding, mindful breathing, and visual representation provide a healthy path way to process, understand and regulate emotions.

Emotional regulation is not just a process; it is a skill that requires patience and love while being taught. It is not just a set of skills, it is a set of tools that help prepare one to face the greatest of challenges while staying calm, true and composed.

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