

## Behavior Based Meltdown

## Sensory Based Behaviors

A) Driven by a want or goal

B) Usually its because they want something

C) Child checks to make sure you are paying attention to the behavior.

D) Child acts this way in front of an audience.

E) Once the child gets what they want, the behavior will end abruptly.

F) No Autonomic Nervous System signs. When goal is achieved, child returns to normal activity in under 5 minutes.

A) Driven by a reaction to something.

B) A reaction to overload or feeling overwhelmed.

C) Child does not care if anyone is paying attention.

D) Behavior will continue even without an audience.

E) There is no goal. The behavior will only cease once the child has calmed down or when a loved one has helped them to regain control.

F) Autonomic Nervous System signs seen which are not under the child's control such as red ears, sweating, flatulence, dilated pupils. Will take 45-60 minutes to return to normal activity.

### Both

Screaming  
Kicking  
Shouting  
Stomping  
Swearing  
Biting  
Throwing  
Hitting