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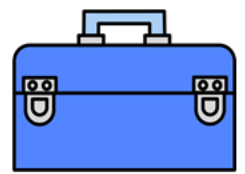
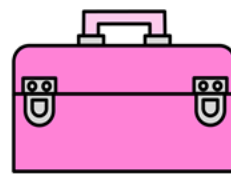
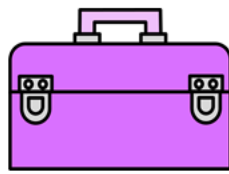
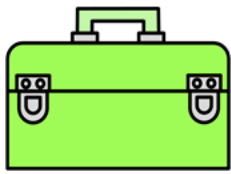
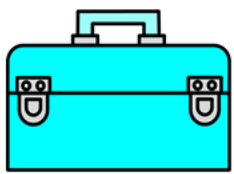


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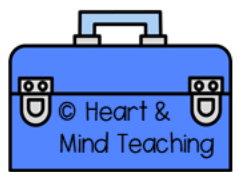
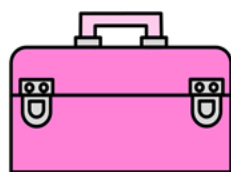
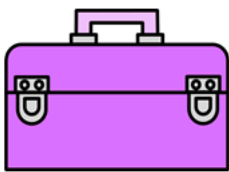
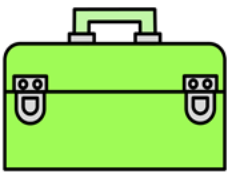
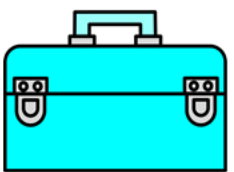


If you have any questions or concerns please email me at:  
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

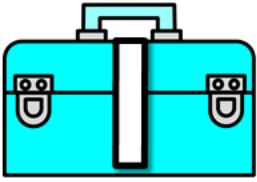
♥  
*Ashley*



# BEHAVIOR TOOLBOX Crying



# BEHAVIOR TOOLBOX



## Crying

### What it looks like

- \*Student cries when put under any kind of pressure or facing any conflict.
- \*Student is overly sensitive, always worried that something will go wrong.
- \*The student has low self-esteem and often thinks that they are not liked by others and their work will never be good enough.
- \*Student prefers to be alone and does not have many friends.
- \*Fear of failure is constantly on their mind.
- \*The student feels like the weight of the world is on their shoulders.
- \*Student's feelings are easily hurt.
- \*May be teased by others due to frequent crying.
- \*Student is able to relate to caring adults but less likely to relate to other students because they think they are inferior.

**Crying**

# BEHAVIOR TOOLBOX



## Crying

### What to do

\*Talk to the student about how being a sensitive person is a good thing and a strength. Sensitive people write the best books, paint the best paintings and make the world a better place. Say "Some people keep their feelings hidden but yours are open for others to see and that is admirable." Explain that their emotions can be expressed in other ways other than crying, such as writing, drawing, or talking to someone.

\*Be very patient, the crying will get worse if they see a negative reaction from you.

\*Let the child know you are on their side, and they can come to you to talk if they are worried about something or feel they might start crying.

\*Help the student create goals and help them see how they will achieve them. This will help build self-confidence.

\*Contact parents to make sure you know what they have found works and what does not work.

\*Allow the student to have a safe space in the classroom to go if they feel like crying, to be able to calm down. Some ideas are Cool down corner, Chillax Zone, and Chill out chair. In this area, have stuffed animals, books, stress balls, audio/headphones to listen to music, drawing paper, journals, reflection logs about why they had to visit the cool down area. This area is not to be used as a punishment, but as a place the child can go when they need to take a break.

## Crying

# BEHAVIOR TOOLBOX



## Crying

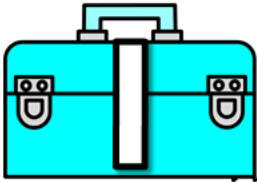
### What NOT to do

- \*Do not shame the student for crying or call them a crybaby.
- \*Do not overprotect the student by not challenging them or not having them work in groups.
- \*Do not assume they will "grow out of it", sensitivity could be part of their personality that will never change. Rather, they need to learn coping skills to control the urge to cry and utilize another way to express their feelings.
- \*Do not assume the student is weak or incapable.
- \*Do not think of the tears as a negative act, they can be geared as positive.
- \*Never assume that there is underlying emotionality concerns, but seek the advice of previous teachers, school counselors and parents to rule that out.
- \*Do not have negative feelings towards crying, express to the student that your favorite thing about them is their sensitivity. Have them draw or write how they are feeling to you. The goal is to get them to express themselves that way, instead of crying (this will take time.)

## Crying

# BEHAVIOR TOOLBOX

## Crying Quick Guide



### What it looks like

\*Student cries when put under pressure or facing conflict.

\*Student is overly sensitive, always worried that something will go wrong.

\*The student has low self-esteem and thinks that they are not liked by others and their work is not good enough.

\*Prefers to be alone, doesn't have many friends.

\*Fear of failure is constantly on their mind.

\*May be teased by others due to frequent crying.



### What to do

\*Talk to the student about how being a sensitive person is a good thing and a strength. Explain that their emotions can be expressed in other ways other than crying, such as writing, drawing, or talking to someone.

\*Be very patient, the crying will get worse if they see a negative reaction.

\*Let the child know you are on their side, and they can come to you to talk if they are worried about something or feel they might start crying.

\*Help the student create goals and help them see how they will achieve them. This will help build self-confidence.

\*Contact parents to make sure you know what they have found works and what does not work.

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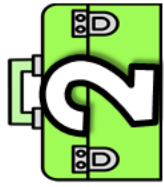
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# Crying

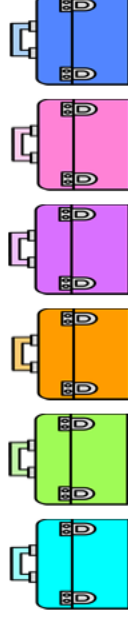
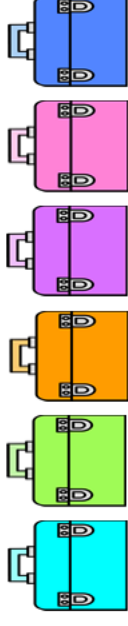
## What to do (Cont.)

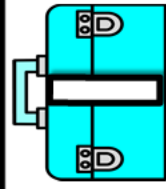
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"A change in  
behavior  
begins with a  
change in  
the heart."

# BEHAVIOR TOOLBOX

## Crying





# Crying

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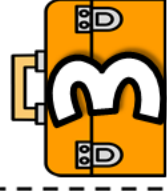


# 2 Crying

## What to do

- \*Talk to the student about how being a sensitive person is a good thing and a strength. Sensitive people write the best books, paint the best paintings and make the world a better place.
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(Continues on the flap)



# 3 Crying

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# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Ashley

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