



Activity 1: Effective Classroom Strategies to Support the Student With 'Internalizing' Behaviors

Name (Optional): _____

Students with internalizing behaviors often 'overcontrol' their emotions and can seem anxious or depressed¹. Visible indicators may include:

- lack of social interactions
- tense or nervous appearance
- physical complaints (e.g., 'feeling sick') with no supporting medical evidence
- display of unhappiness/sadness
- use of negative self-comments

List strategies that you find effective in your classroom to strengthen these students' self-confidence and increase engagement in learning tasks.

Classroom Strategies to Support Students with Internalizing Behaviors	
1.	2.
3.	4.
5.	6.
7.	8.
9.	10.

¹ Browning, D. B. (n.d.). *Observable emotionally driven behavior in children and youth that requires a continuum of care*. Retrieved from <http://www.pent.ca.gov/mh/observableemo.pdf>