



## INSTRUCTIONAL TIPS FOR LEARNERS WITH EBD (Emotional and Behavioral Disorder)



**EBD stands for Emotional and Behavioral Disorders**, which is a term used in educational settings to describe a range of mental health conditions that affect a child's ability to learn and function in a school environment. Emotional and behavioral disorder—EBD—is a broad term covering different mental health diagnoses. As the name implies, the diagnosis is given to children who have difficulties dealing with both emotion and behavior. These difficulties stem beyond the classroom. EBD often makes it challenging for children to communicate behavior and regulate their emotions in their daily lives.

Symptoms of EBD can vary from child to child depending on the individual and the specific condition they may have. However, some common symptoms may include:

- **Difficulty managing emotions:** Children with EBD may struggle to regulate their emotions, leading to outbursts of anger, sadness, or anxiety.
- **Impulsive behavior:** They may act without thinking, engaging in behaviors that are inappropriate or even dangerous.
- **Aggression:** Children with EBD may display aggressive behavior towards peers or adults, including physical or verbal attacks.
- **Poor social skills:** They may have difficulty making and maintaining friendships, and struggle to communicate effectively with others.
- **Academic difficulties:** Children with EBD may have difficulty focusing on academic tasks, completing assignments, or staying on task in class.
- **Attendance problems:** They may frequently miss school, either due to truancy or school refusal.
- **Low self-esteem:** Children with EBD may struggle with feelings of low self-worth and may have negative perceptions of themselves.

It is important to note that these symptoms can also be present in children without EBD, as such it is necessary to consult with a trained professional if you suspect that a child may be struggling with an emotional/mental health condition.



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Some beneficial instructional tips and strategies for learners with EBD include:

1. **Establish a positive and supportive classroom environment:** It is essential to create a classroom environment that is safe, supportive, and positive. Set clear expectations and routines and build relationships with your students to create a sense of trust and mutual respect.
2. **Use clear and concise language:** When giving instructions or communicating with students, use clear and concise language to avoid confusion or misunderstanding. Repeat important information if necessary and give students time to process and understand.
3. **Incorporate visuals and hands-on activities:** Students with emotional and behavioral disturbances may struggle with traditional learning methods. Incorporate visual aids and hands-on activities to help them engage with the material and stay focused.
4. **Provide opportunities for movement:** Many students with emotional and behavioral disturbances may have trouble sitting still for extended periods. Provide opportunities for movement breaks or incorporate physical activities into your lessons.
5. **Encourage self-regulation:** Teach students strategies for self-regulation, such as deep breathing, mindfulness, or positive self-talk. Encourage them to use these strategies when they feel overwhelmed or upset.
6. **Establish a behavior plan:** Create a behavior plan that outlines clear expectations and consequences for behavior. Involve students in the process and be consistent in enforcing the plan.
7. **Communicate regularly with parents/guardians:** Keep parents and guardians informed of their child's progress and any behavioral concerns. Collaborate with them to create a consistent approach to managing behavior both at home and at school.
8. **Seek support from school resources:** When necessary, seek support from school resources, such as the school counselor, behavior specialist, or special education team as they can provide additional strategies and interventions to support students with emotional and behavioral disturbances. Collaborate with them to develop a comprehensive Individualized Educational Program (IEP) for meeting the student's academic and social-emotional needs.