

Behind Behavior

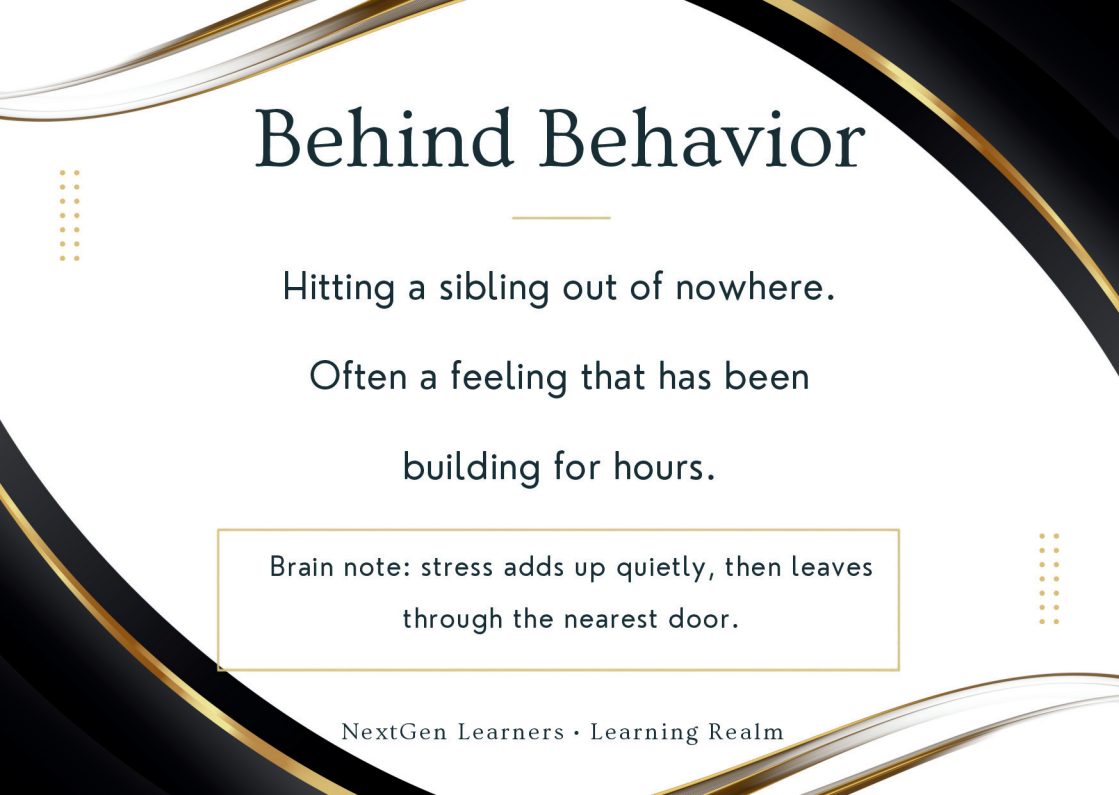


Hitting when told no. Often a body
flooded before words arrive.

Brain note: the alarm system fires faster than
the part that makes words.



Behind Behavior



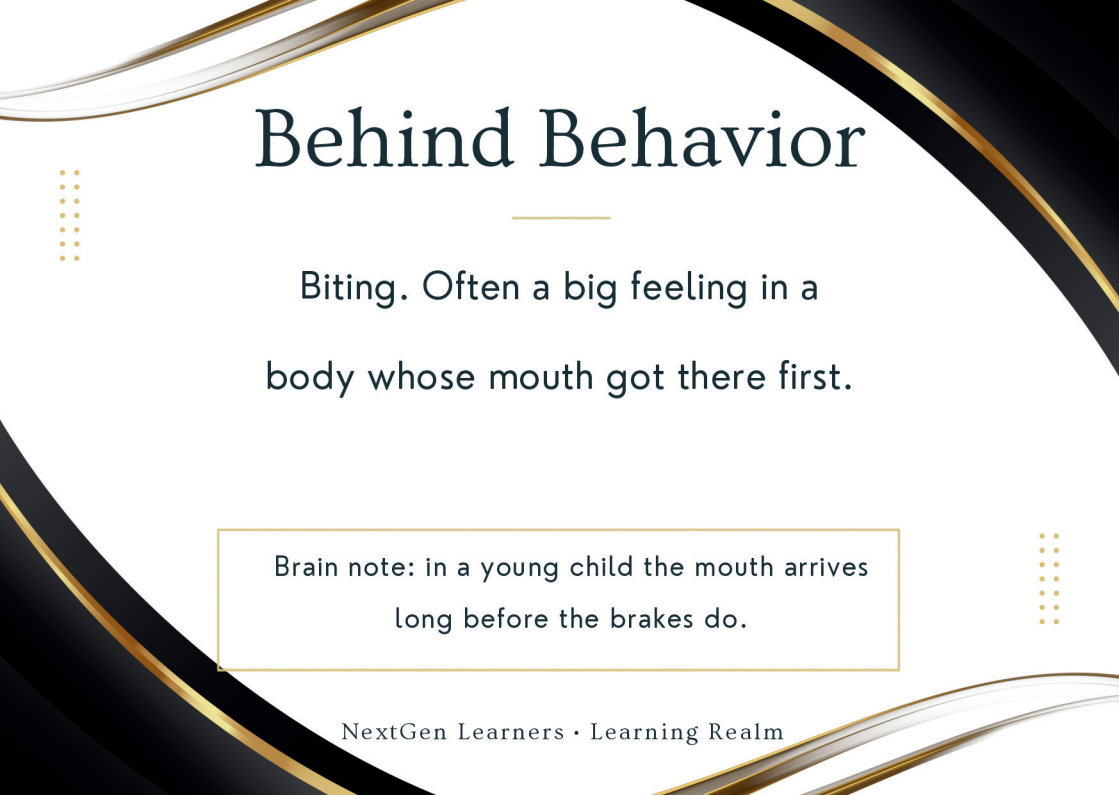
Hitting a sibling out of nowhere.

Often a feeling that has been
building for hours.

Brain note: stress adds up quietly, then leaves
through the nearest door.



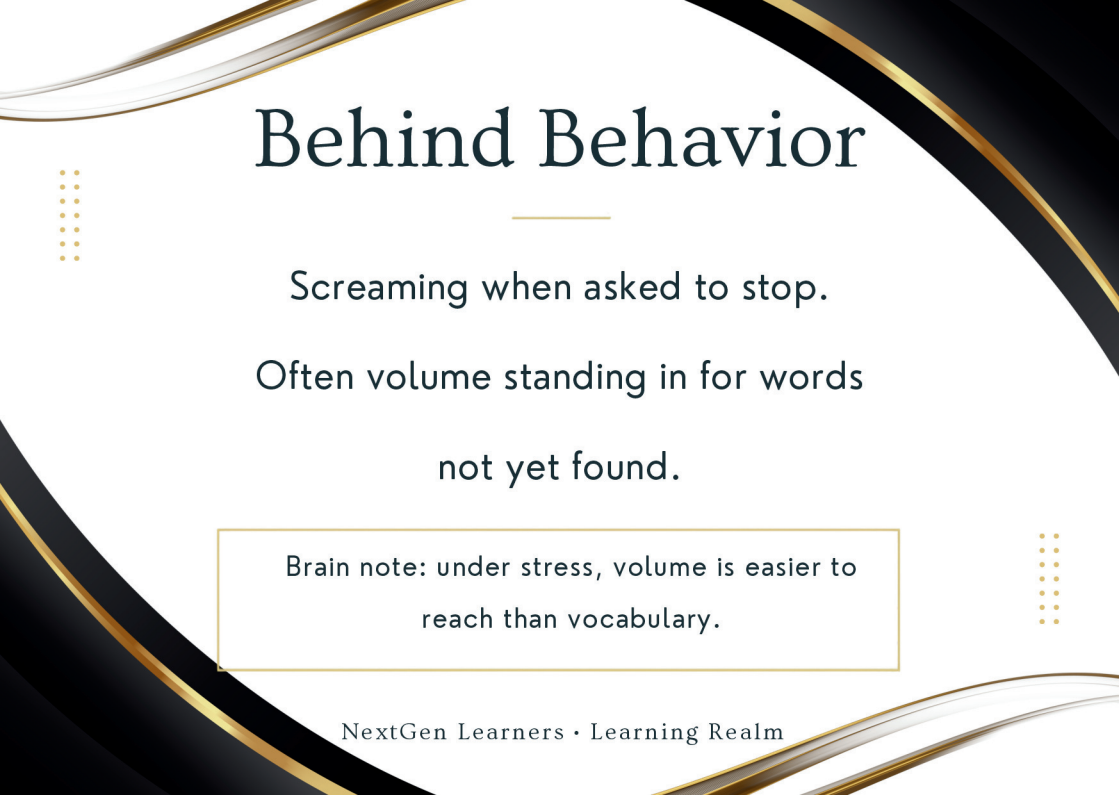
Behind Behavior



Biting. Often a big feeling in a
body whose mouth got there first.

Brain note: in a young child the mouth arrives
long before the brakes do.

Behind Behavior



Screaming when asked to stop.

Often volume standing in for words
not yet found.

Brain note: under stress, volume is easier to
reach than vocabulary.



Behind Behavior

Screaming in a loud room. Often a system that has taken in more than it can hold.

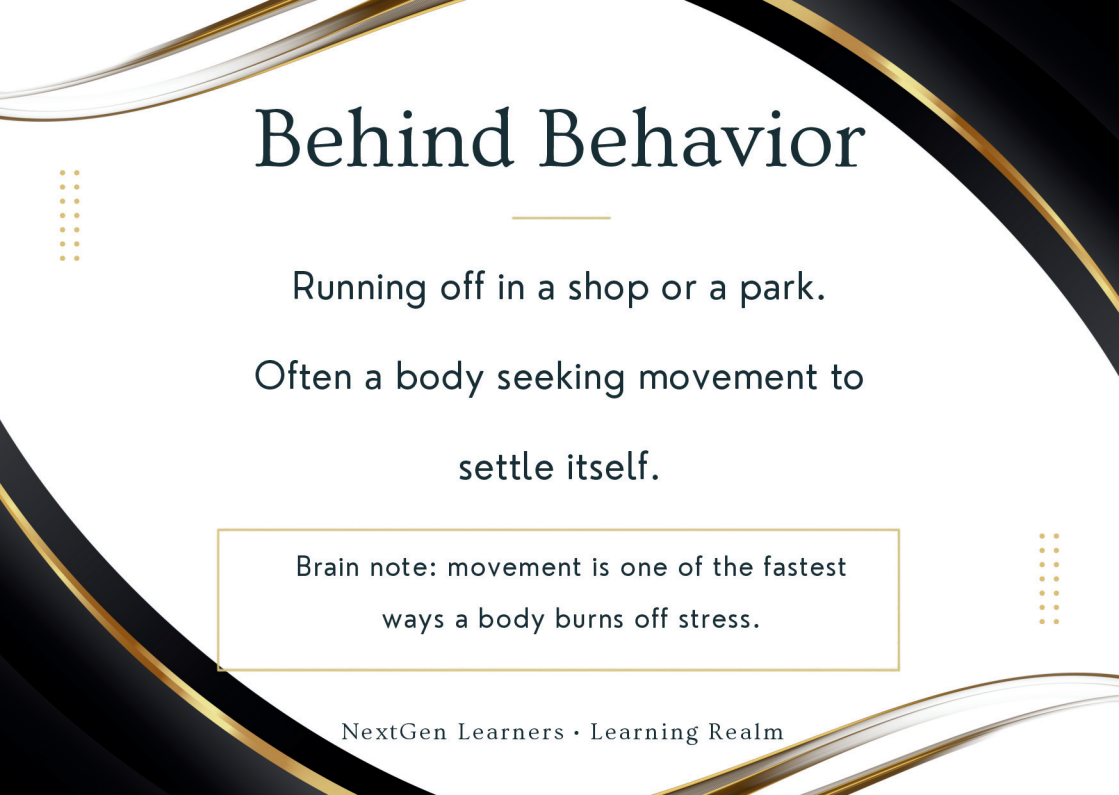
Brain note: too much noise and light can push a system past its limit.

Behind Behavior

Running away when upset. Often
flight, the oldest exit a body
knows.

Brain note: fight, flight, freeze, and flop all
come from one alarm.

Behind Behavior



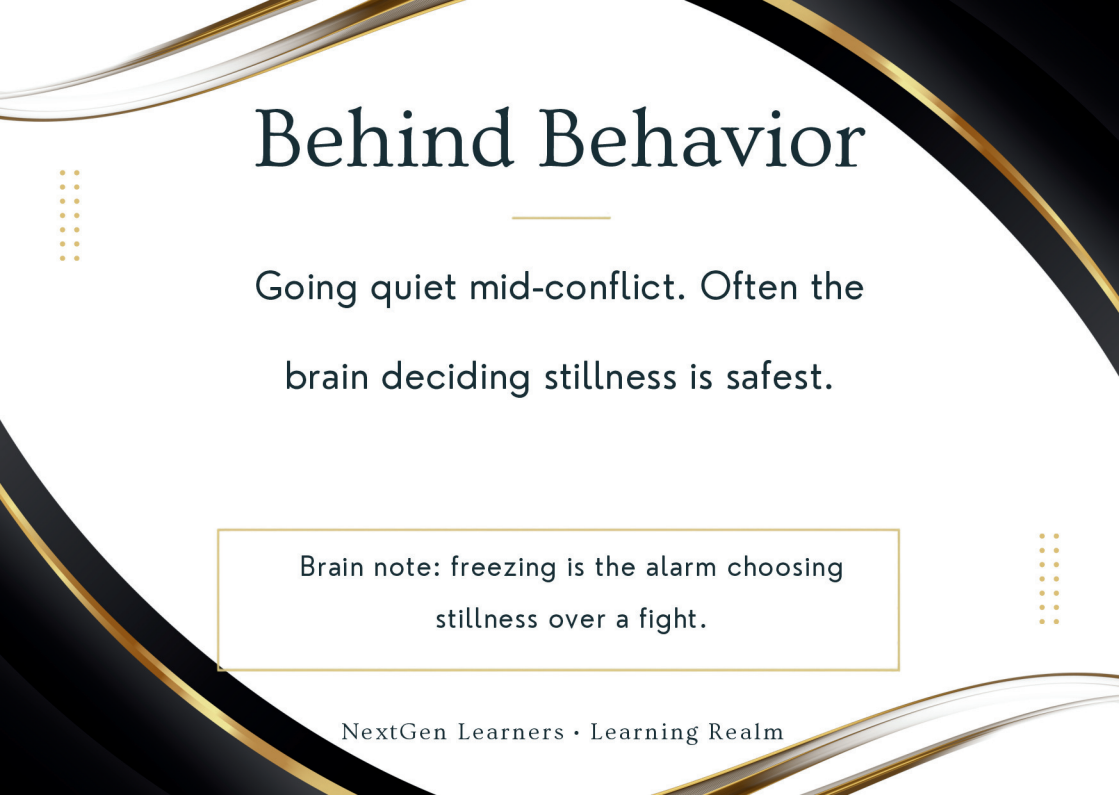
Running off in a shop or a park.

Often a body seeking movement to
settle itself.

Brain note: movement is one of the fastest
ways a body burns off stress.



Behind Behavior

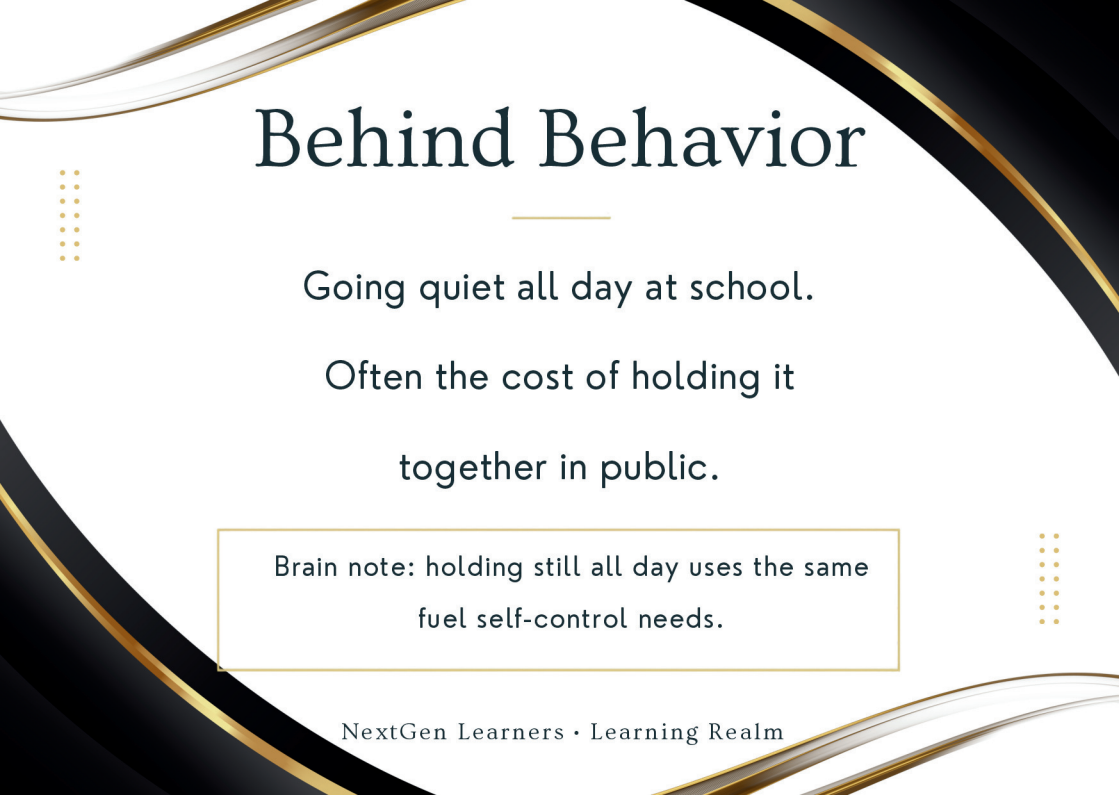


Going quiet mid-conflict. Often the
brain deciding stillness is safest.

Brain note: freezing is the alarm choosing
stillness over a fight.



Behind Behavior



Going quiet all day at school.

Often the cost of holding it
together in public.

Brain note: holding still all day uses the same
fuel self-control needs.



Behind Behavior

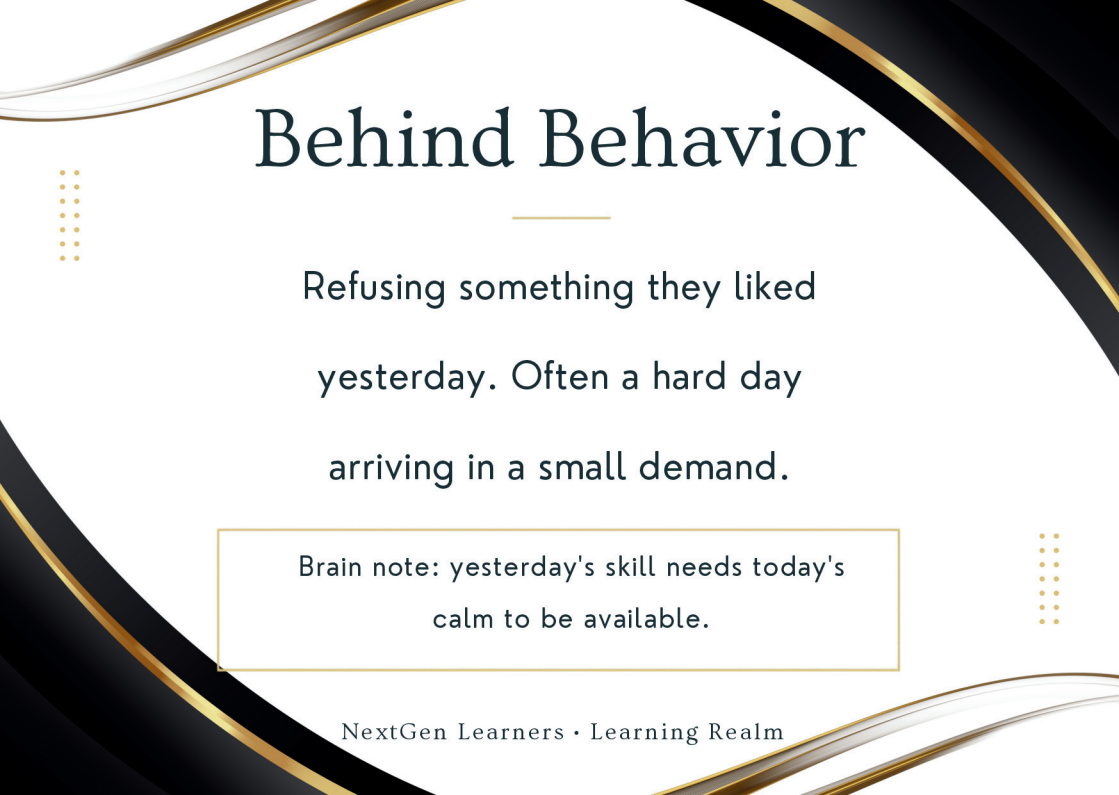


Refusing in a flat voice. Often the only power a child can find in the moment.

Brain note: when a child feels powerless, no is the smallest lever they have.



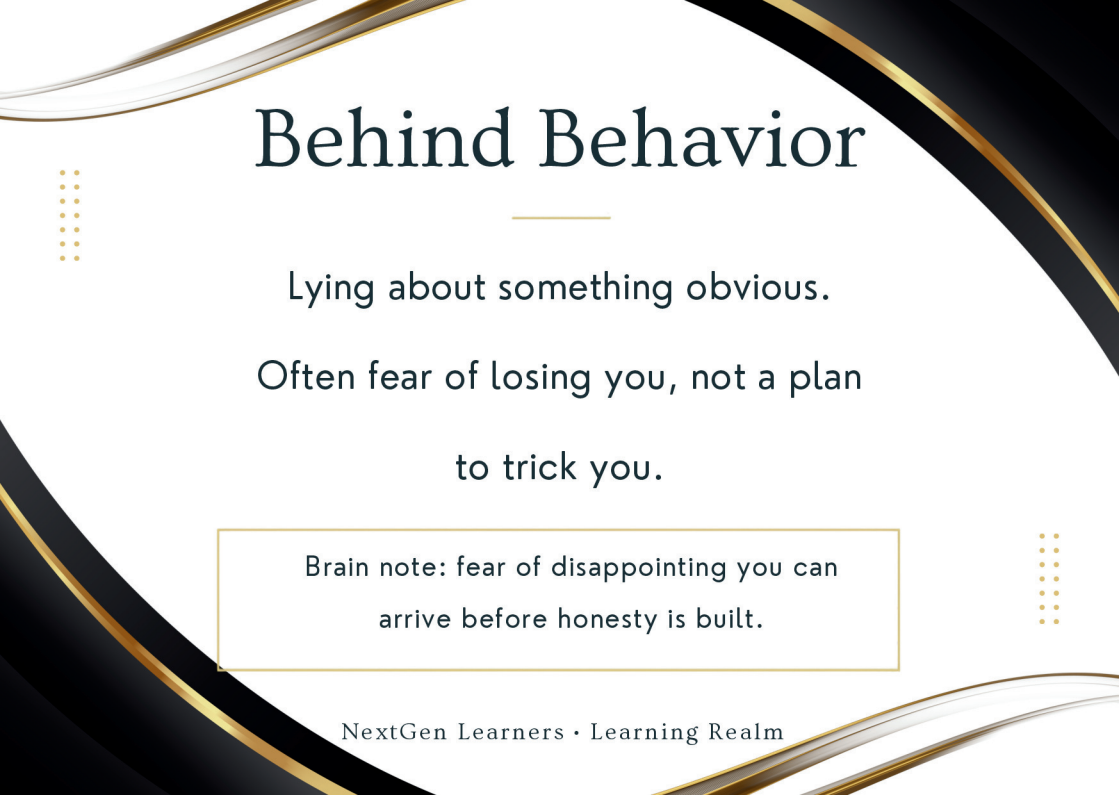
Behind Behavior



Refusing something they liked
yesterday. Often a hard day
arriving in a small demand.

Brain note: yesterday's skill needs today's
calm to be available.

Behind Behavior

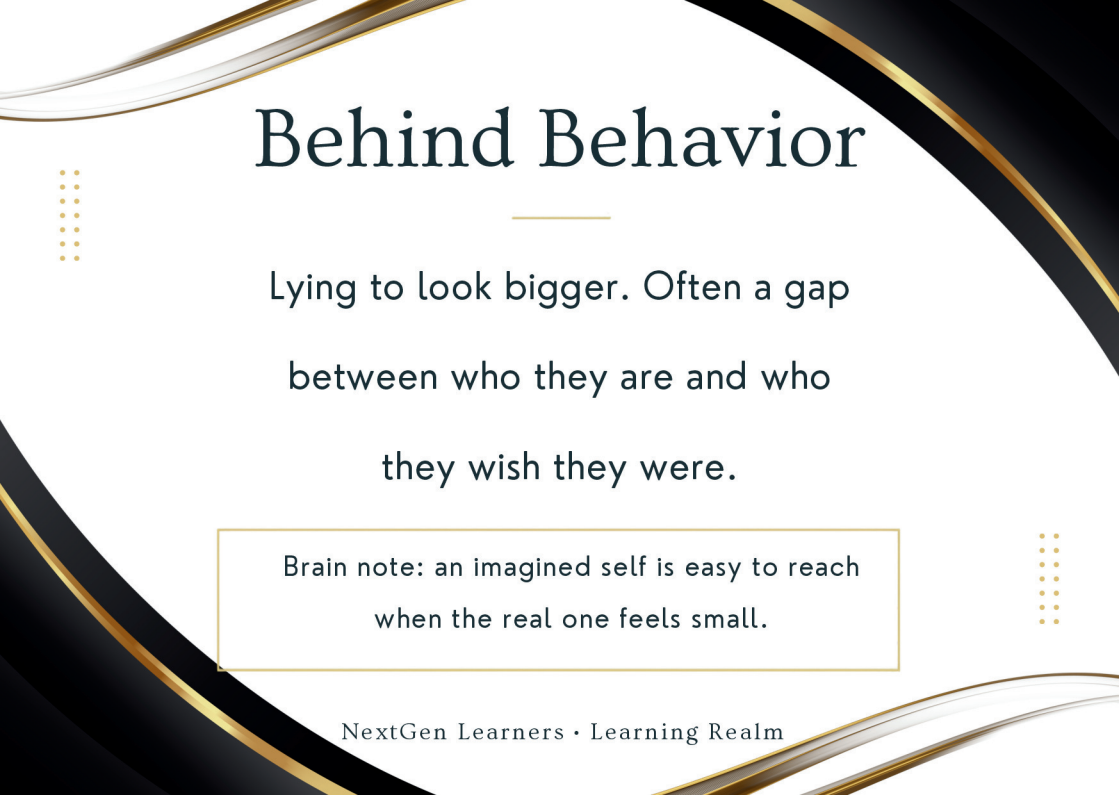


Lying about something obvious.

Often fear of losing you, not a plan
to trick you.

Brain note: fear of disappointing you can
arrive before honesty is built.

Behind Behavior

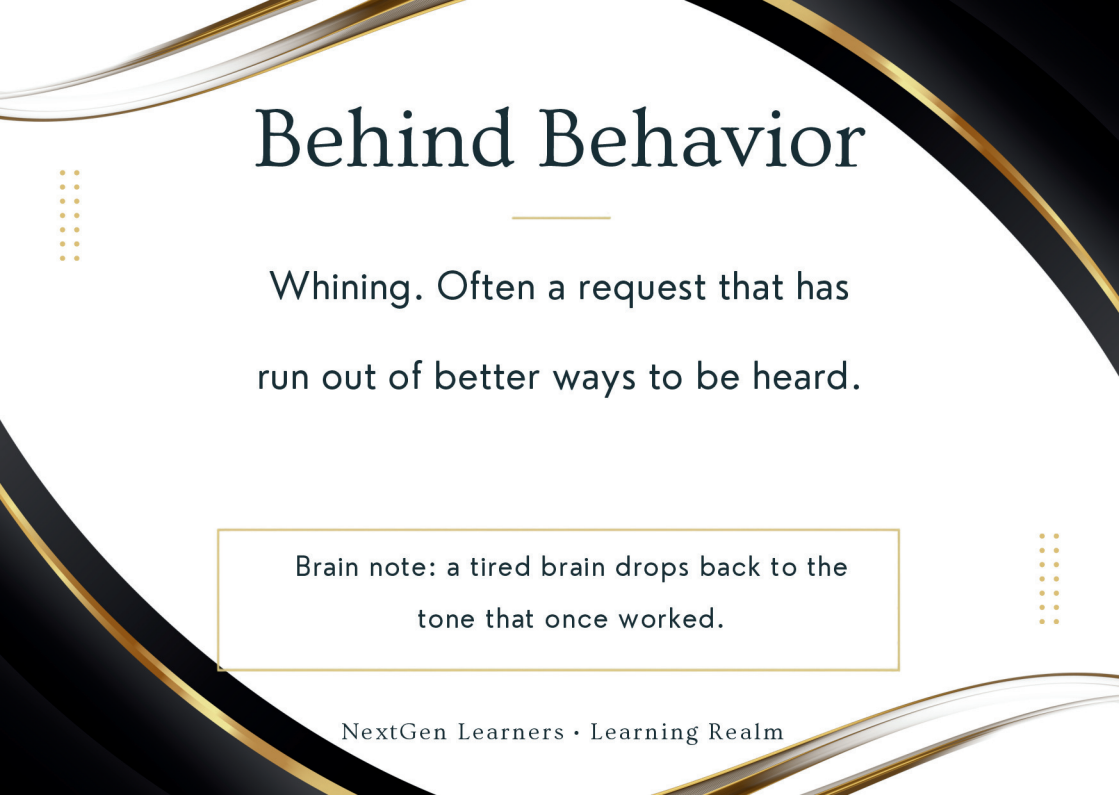


Lying to look bigger. Often a gap
between who they are and who
they wish they were.

Brain note: an imagined self is easy to reach
when the real one feels small.



Behind Behavior

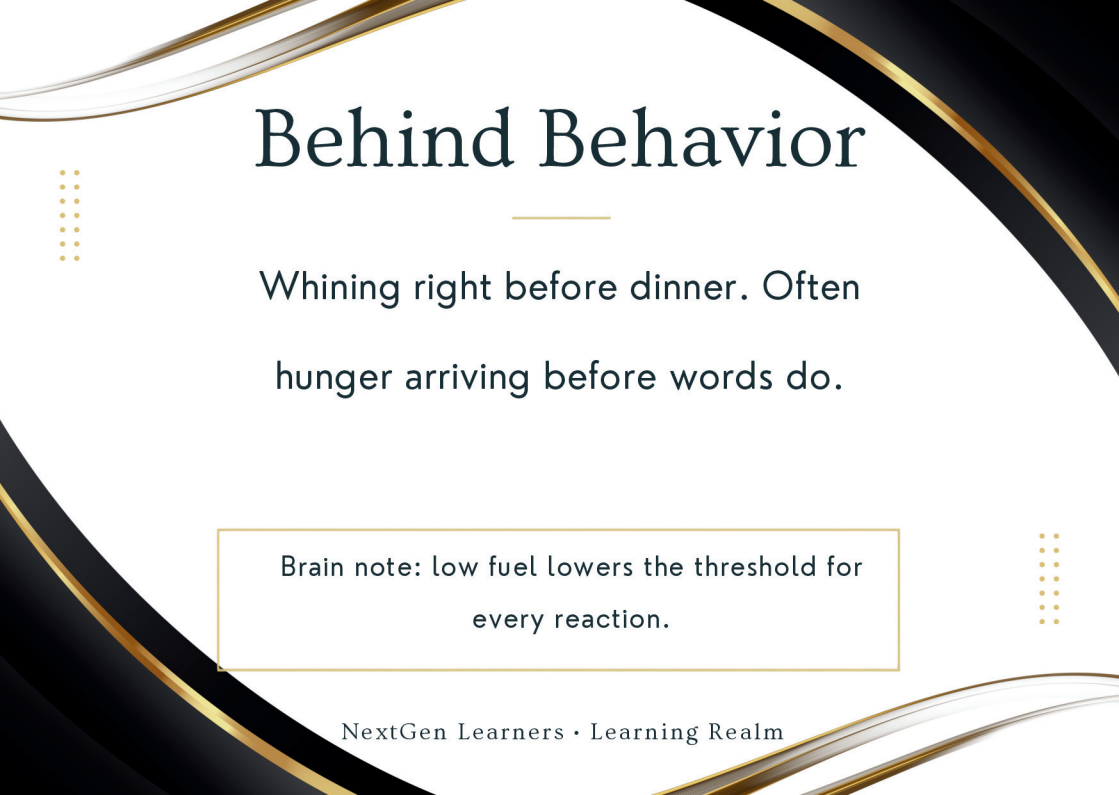


Whining. Often a request that has
run out of better ways to be heard.

Brain note: a tired brain drops back to the
tone that once worked.



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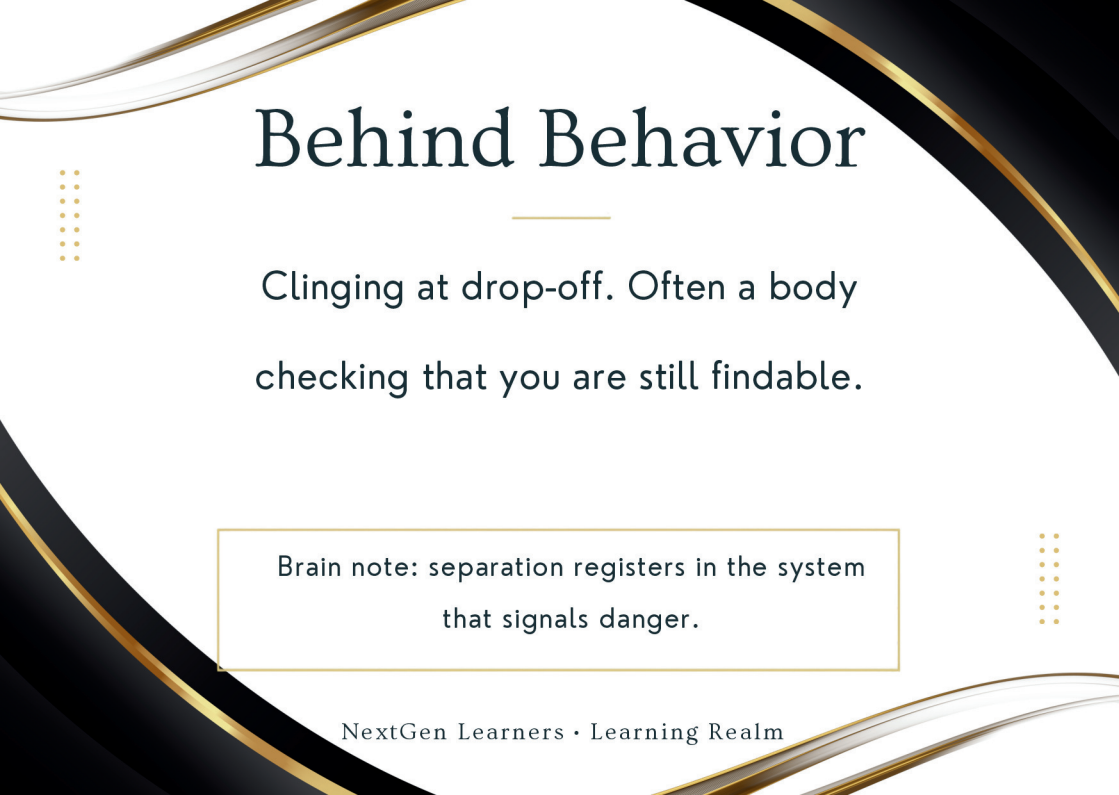


Whining right before dinner. Often
hunger arriving before words do.

Brain note: low fuel lowers the threshold for
every reaction.



Behind Behavior

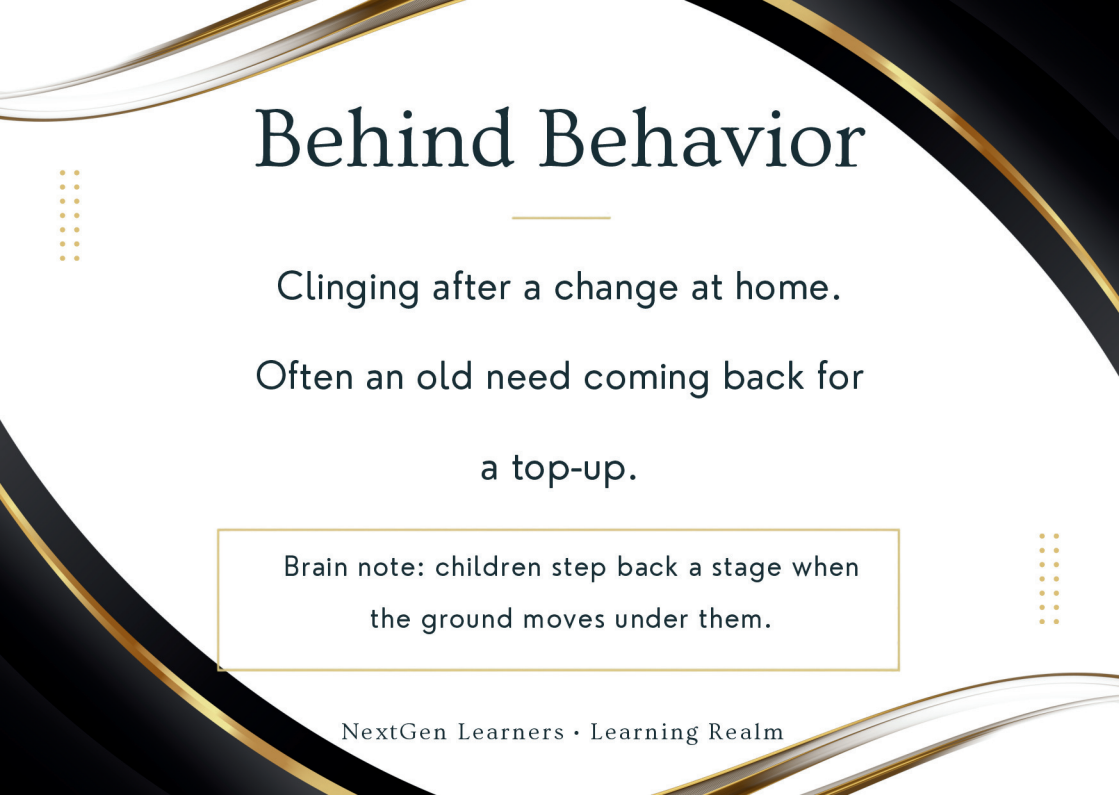


Clinging at drop-off. Often a body checking that you are still findable.

Brain note: separation registers in the system that signals danger.



Behind Behavior



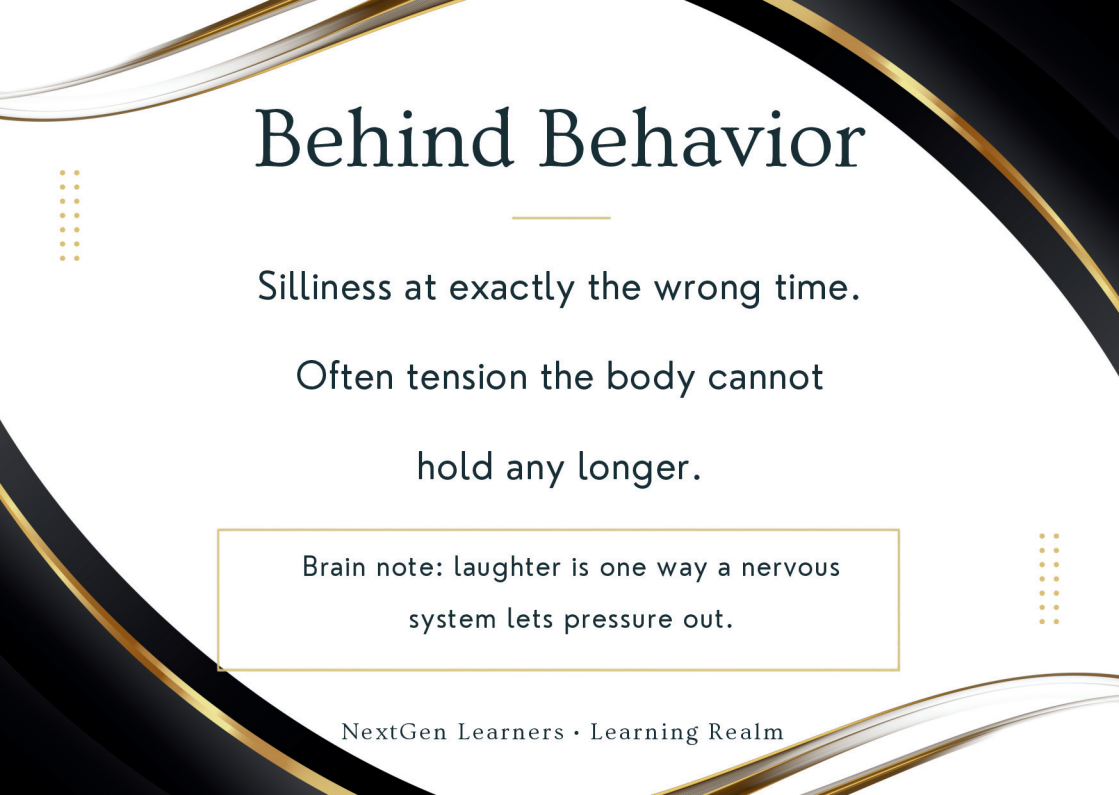
Clinging after a change at home.

Often an old need coming back for
a top-up.

Brain note: children step back a stage when
the ground moves under them.



Behind Behavior



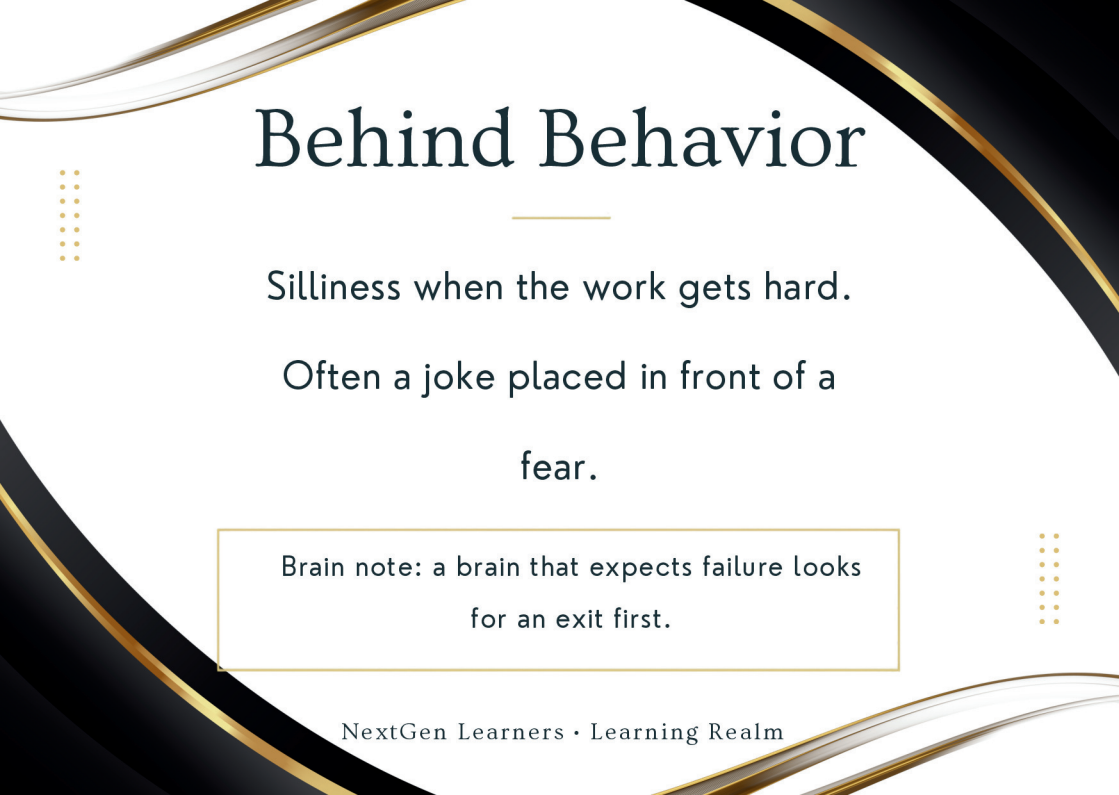
Silliness at exactly the wrong time.

Often tension the body cannot
hold any longer.

Brain note: laughter is one way a nervous
system lets pressure out.



Behind Behavior



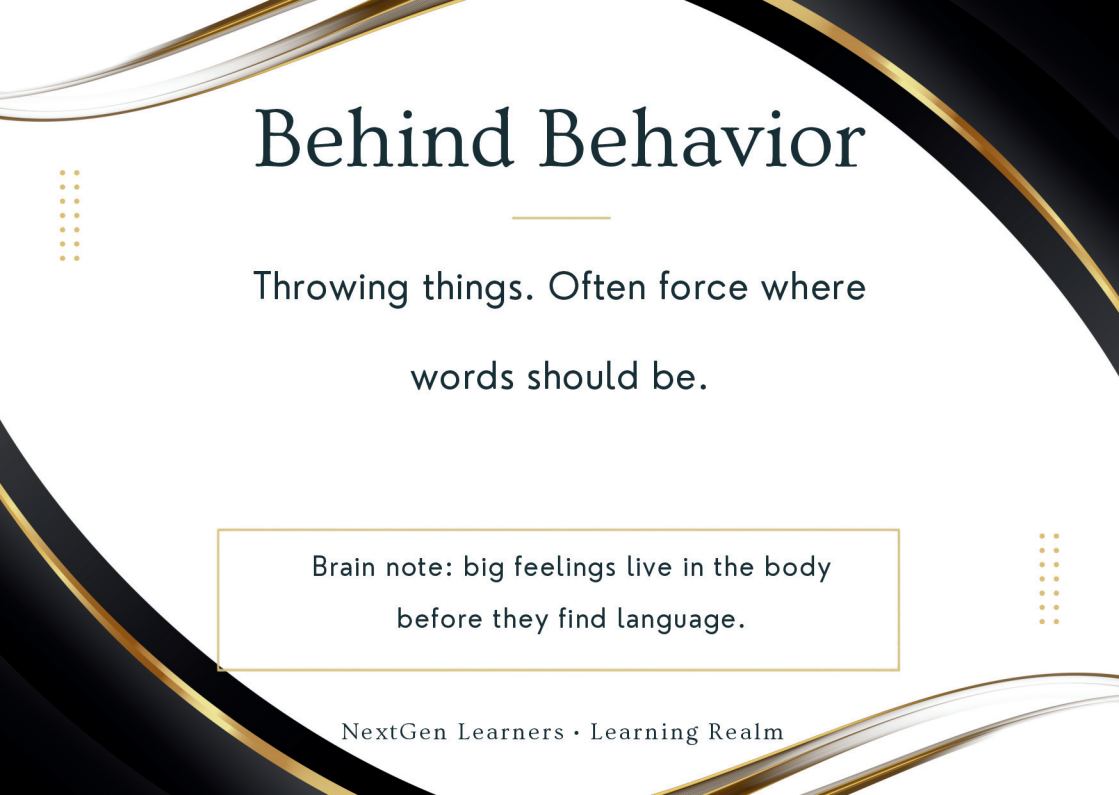
Silliness when the work gets hard.

Often a joke placed in front of a
fear.

Brain note: a brain that expects failure looks
for an exit first.



Behind Behavior



Throwing things. Often force where
words should be.

Brain note: big feelings live in the body
before they find language.



Behind Behavior



Throwing a toy they love. Often
frustration aimed at the nearest
thing.

Brain note: frustration needs somewhere to
go, and the nearest thing is easiest.



Behind Behavior

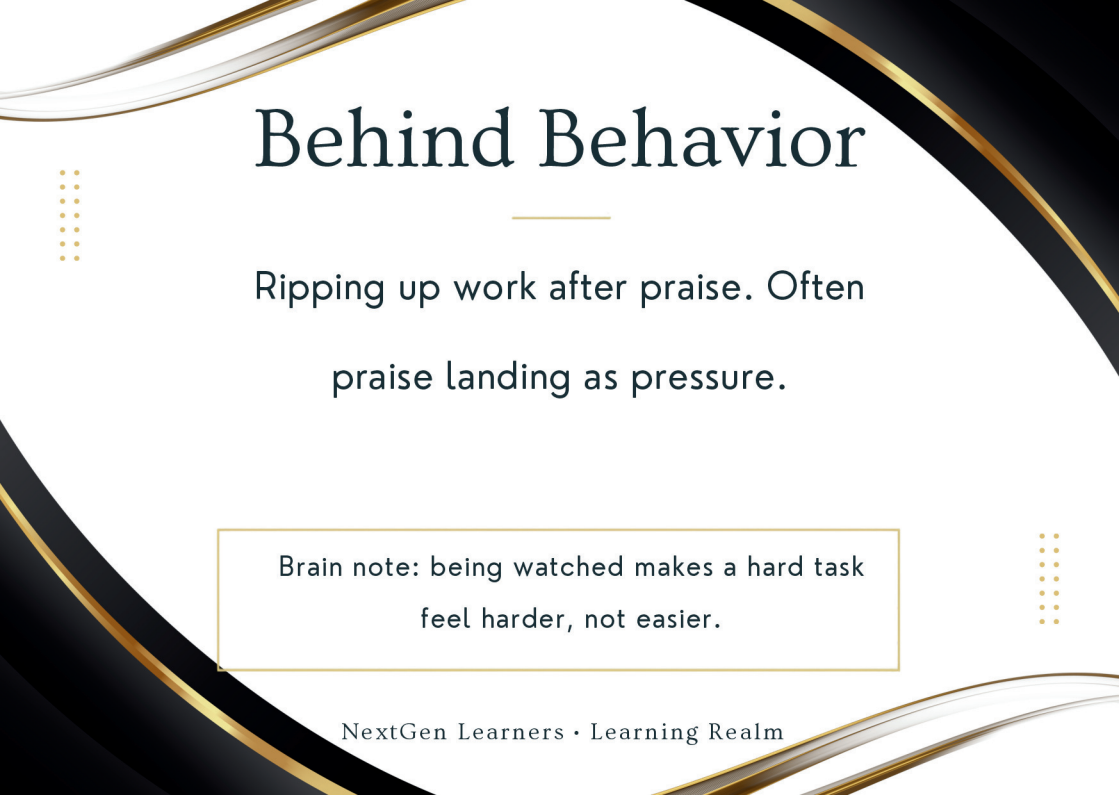


Ripping up their own work. Often
disgust at a gap they can see and
cannot close.

Brain note: shame shuts down thinking faster
than difficulty does.



Behind Behavior

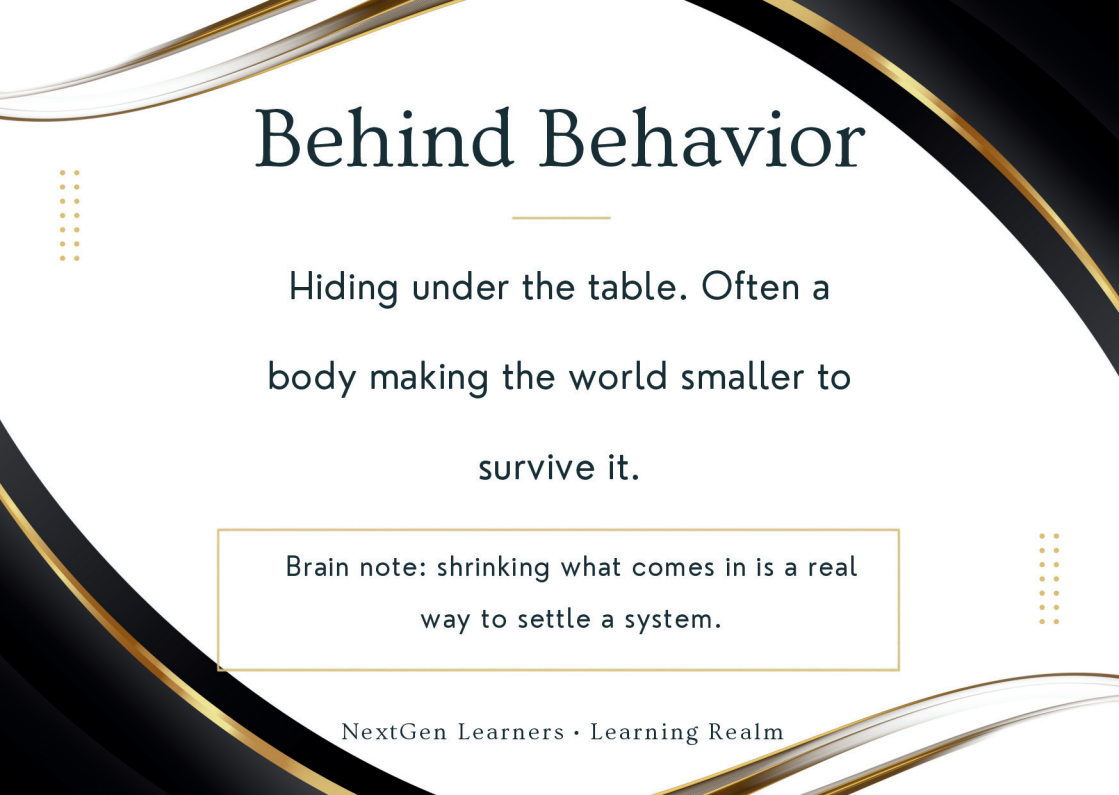


Ripping up work after praise. Often
praise landing as pressure.

Brain note: being watched makes a hard task
feel harder, not easier.



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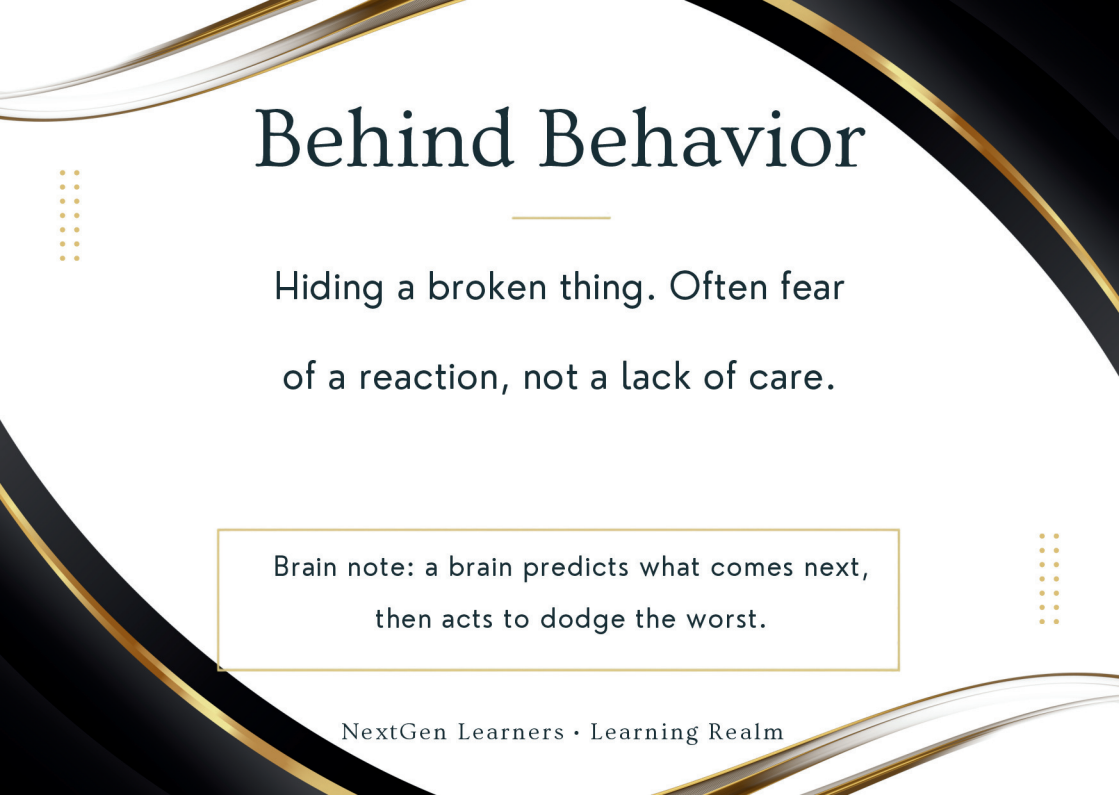


Hiding under the table. Often a
body making the world smaller to
survive it.

Brain note: shrinking what comes in is a real
way to settle a system.



Behind Behavior

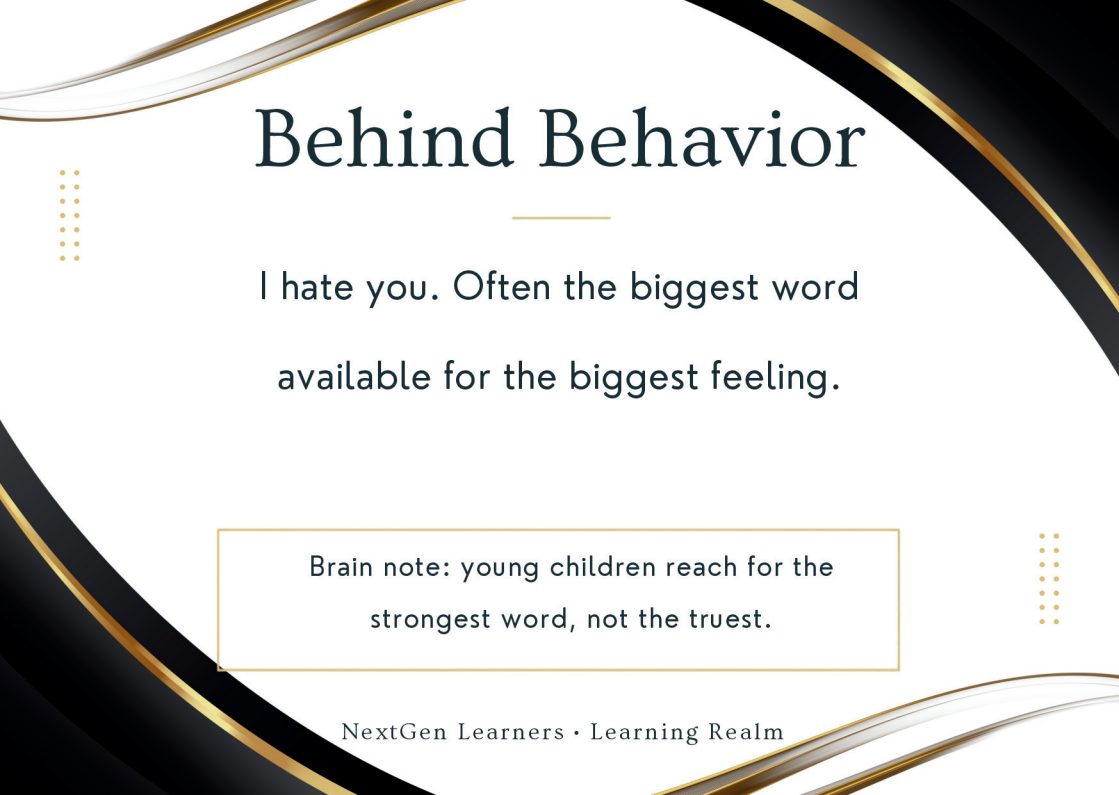


Hiding a broken thing. Often fear
of a reaction, not a lack of care.

Brain note: a brain predicts what comes next,
then acts to dodge the worst.



Behind Behavior



I hate you. Often the biggest word
available for the biggest feeling.

Brain note: young children reach for the
strongest word, not the truest.



Behind Behavior



I hate you, said to the safest
person. Often trust, wearing an
ugly coat.

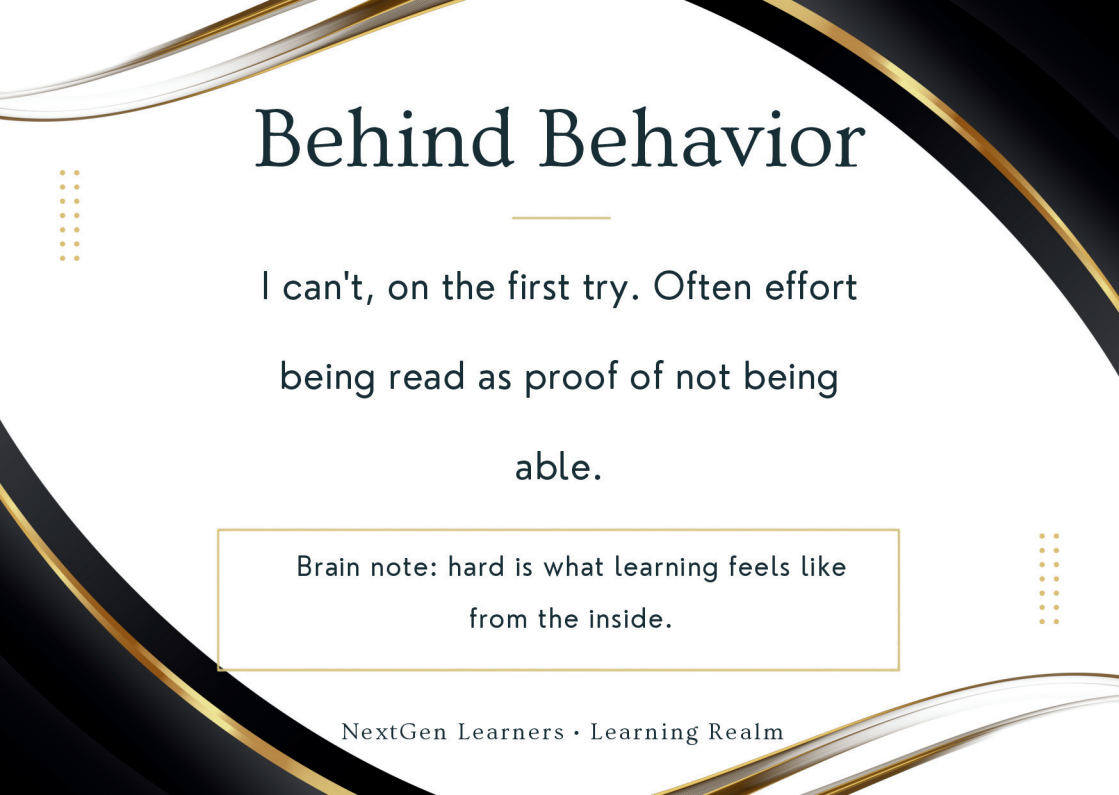
Brain note: children unload most where they
are surest of being kept.

Behind Behavior

I can't. Often a prediction, said out
loud before it can be proved.

Brain note: saying it first protects a child from
the surprise of failing.

Behind Behavior



I can't, on the first try. Often effort
being read as proof of not being
able.

Brain note: hard is what learning feels like
from the inside.



Behind Behavior

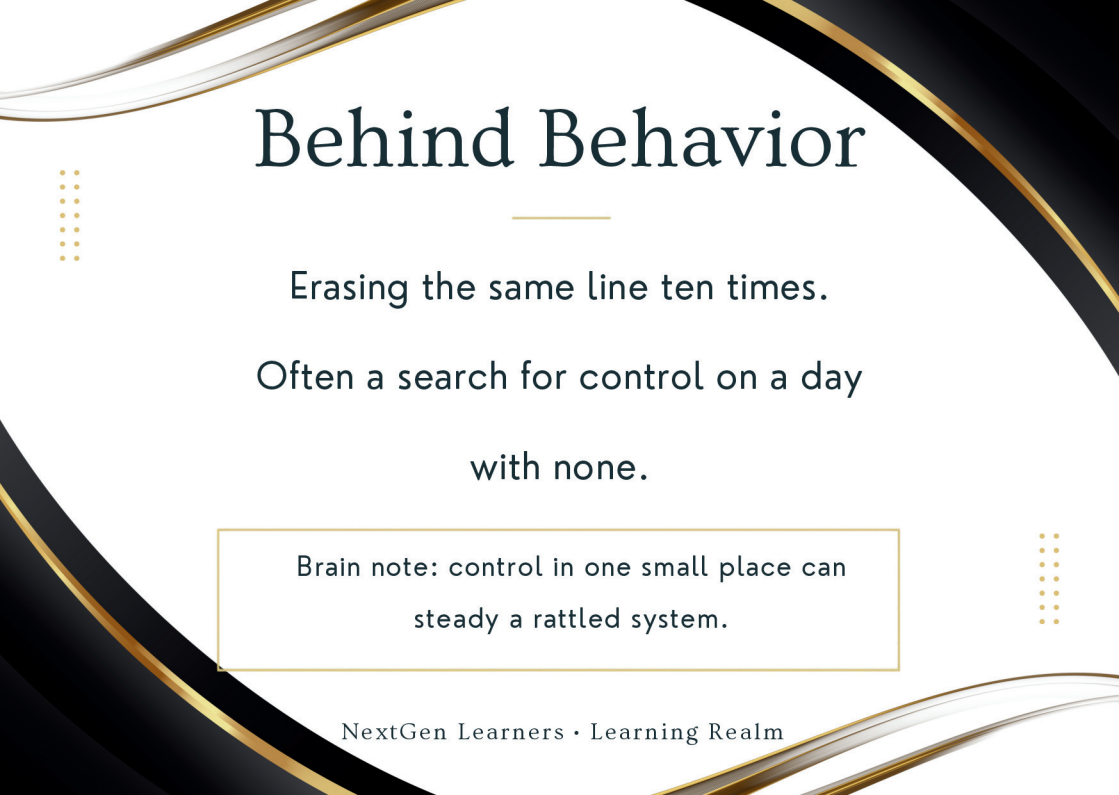


Perfectionism. Often a mistake
being treated as a threat.

Brain note: a brain risks errors only where
errors have felt safe before.



Behind Behavior



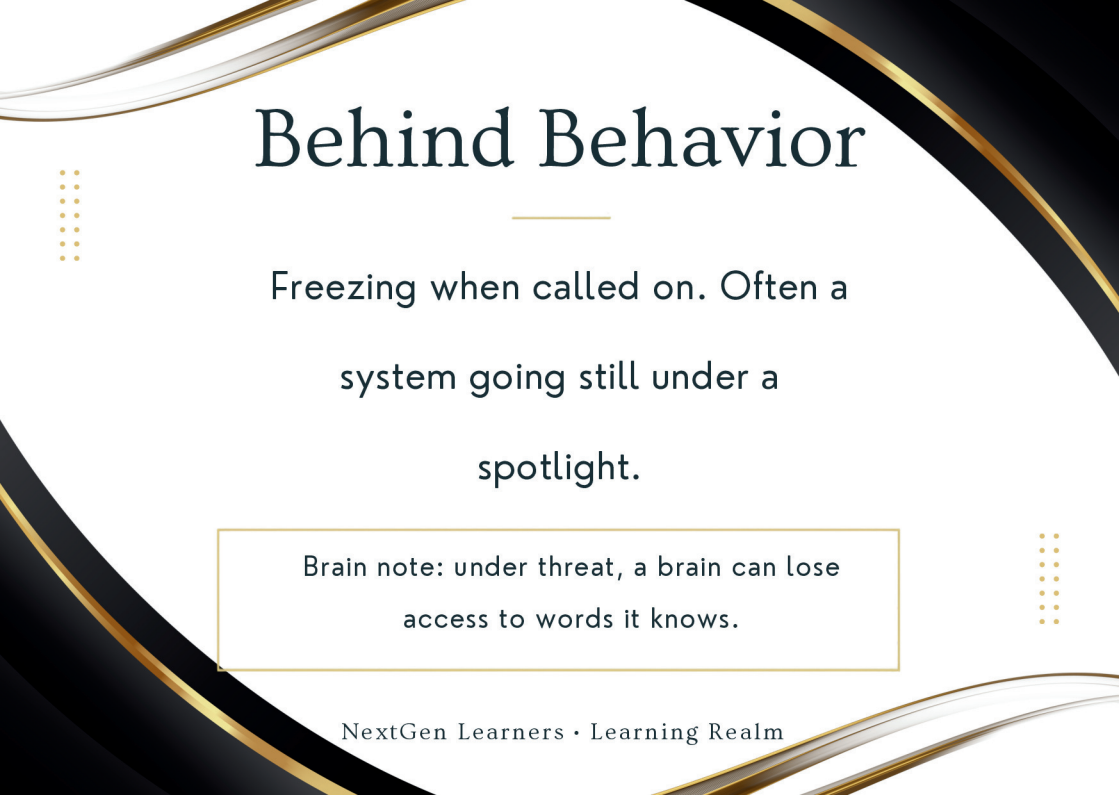
Erasing the same line ten times.

Often a search for control on a day
with none.

Brain note: control in one small place can
steady a rattled system.



Behind Behavior

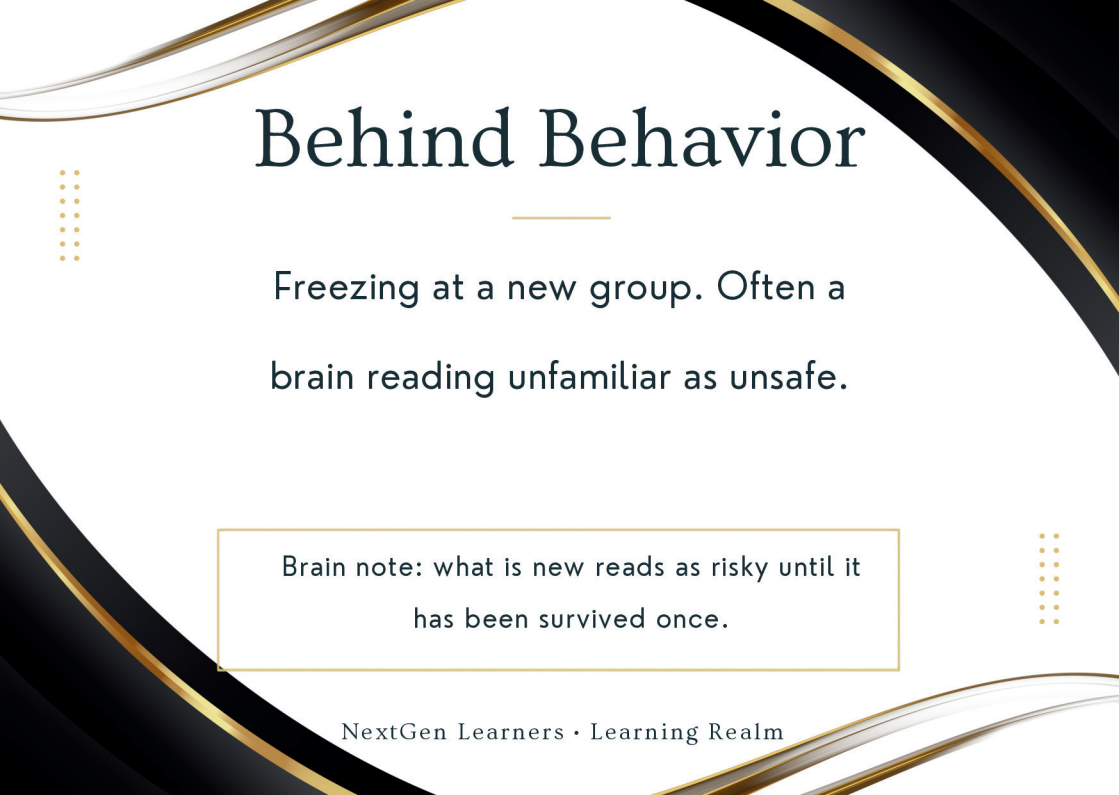


Freezing when called on. Often a
system going still under a
spotlight.

Brain note: under threat, a brain can lose
access to words it knows.



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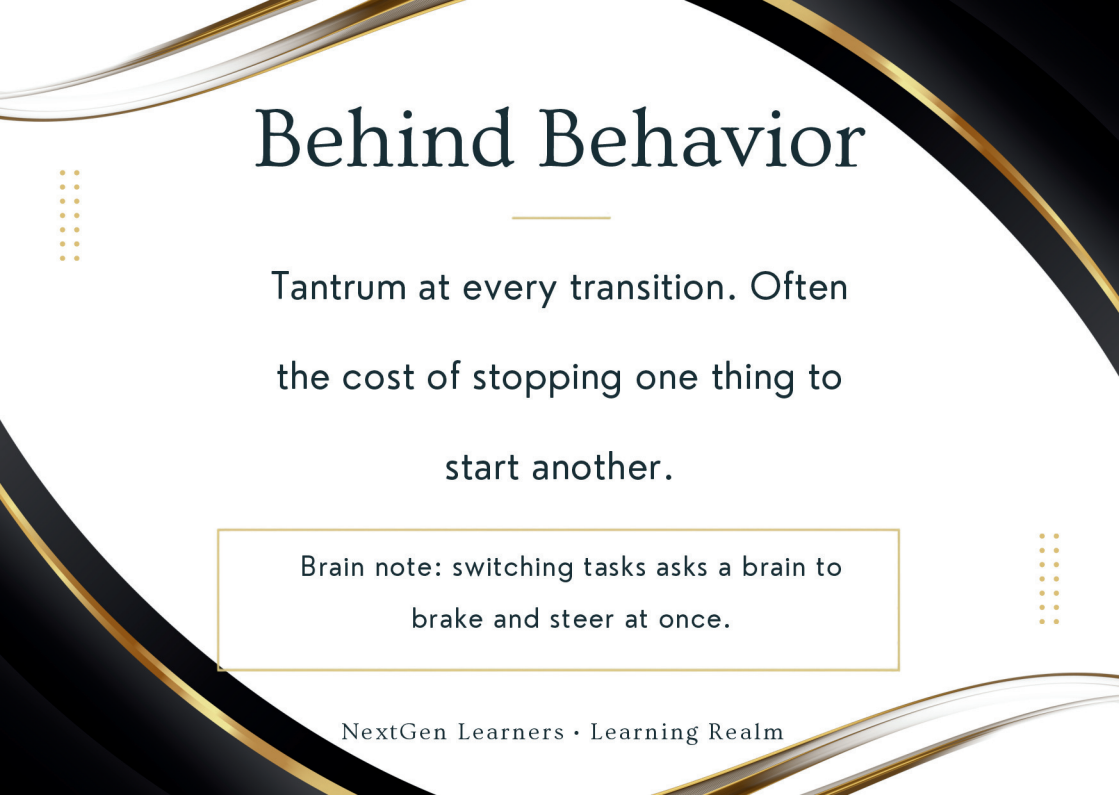


Freezing at a new group. Often a
brain reading unfamiliar as unsafe.

Brain note: what is new reads as risky until it
has been survived once.



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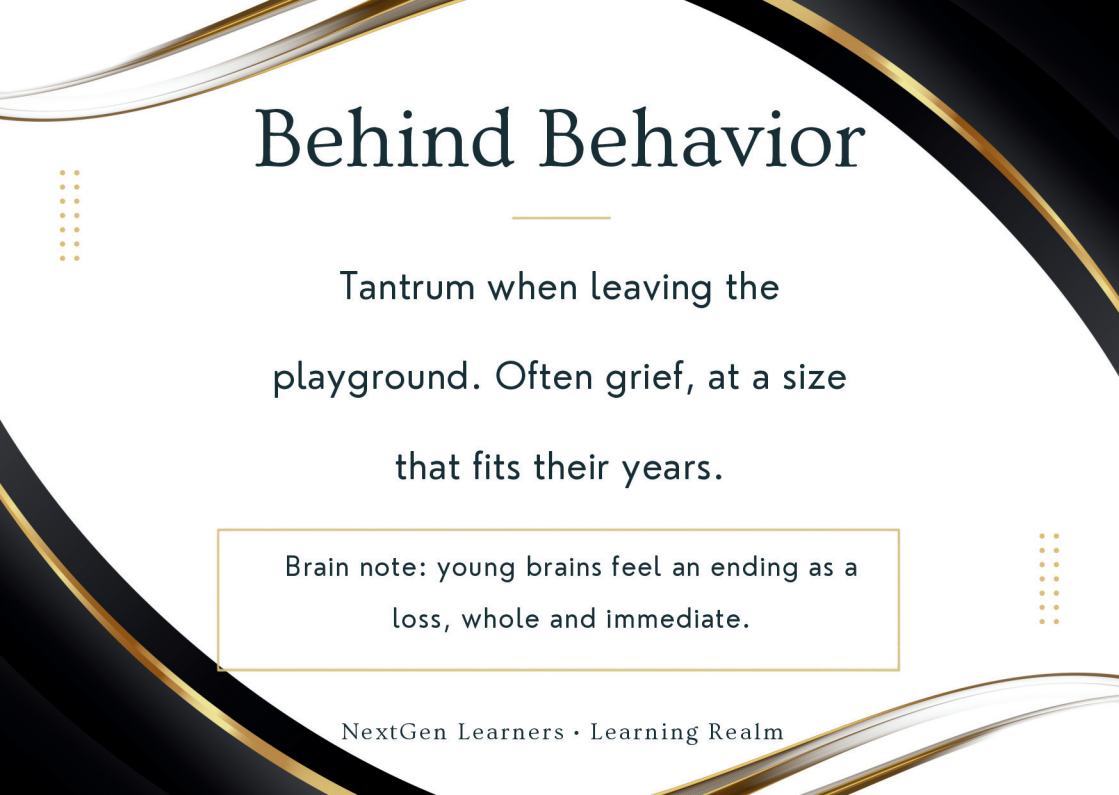


Tantrum at every transition. Often
the cost of stopping one thing to
start another.

Brain note: switching tasks asks a brain to
brake and steer at once.



Behind Behavior

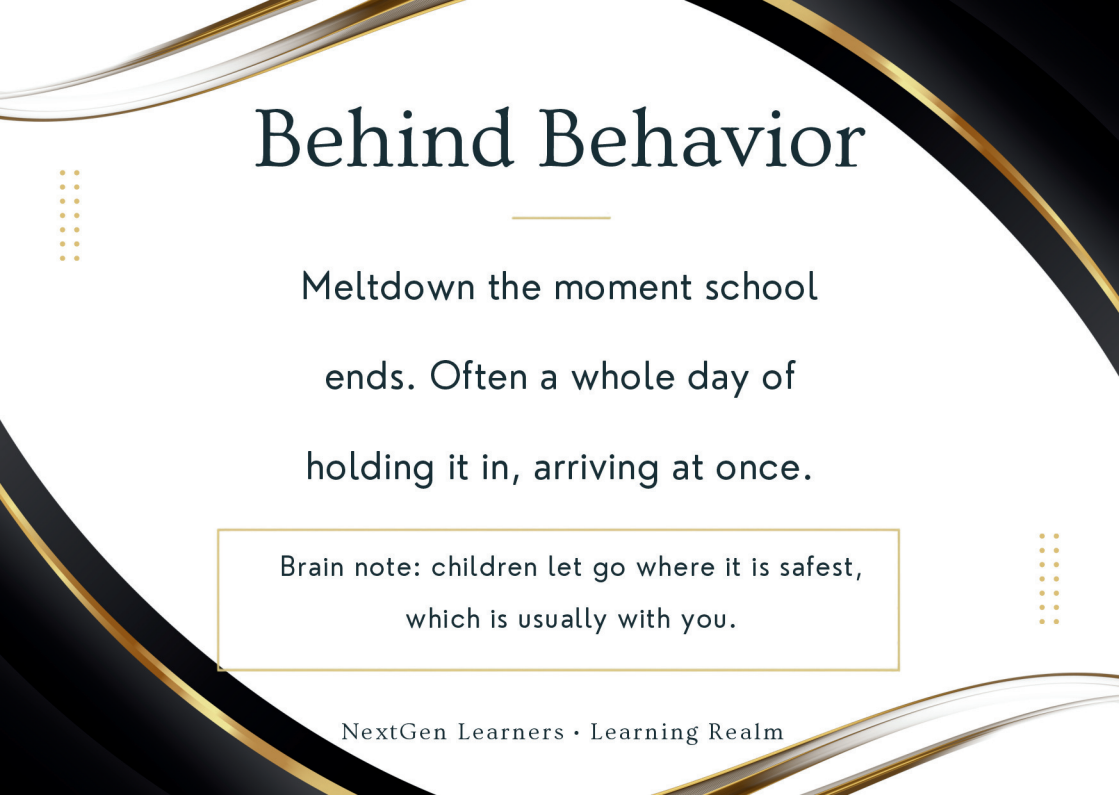


Tantrum when leaving the
playground. Often grief, at a size
that fits their years.

Brain note: young brains feel an ending as a
loss, whole and immediate.



Behind Behavior

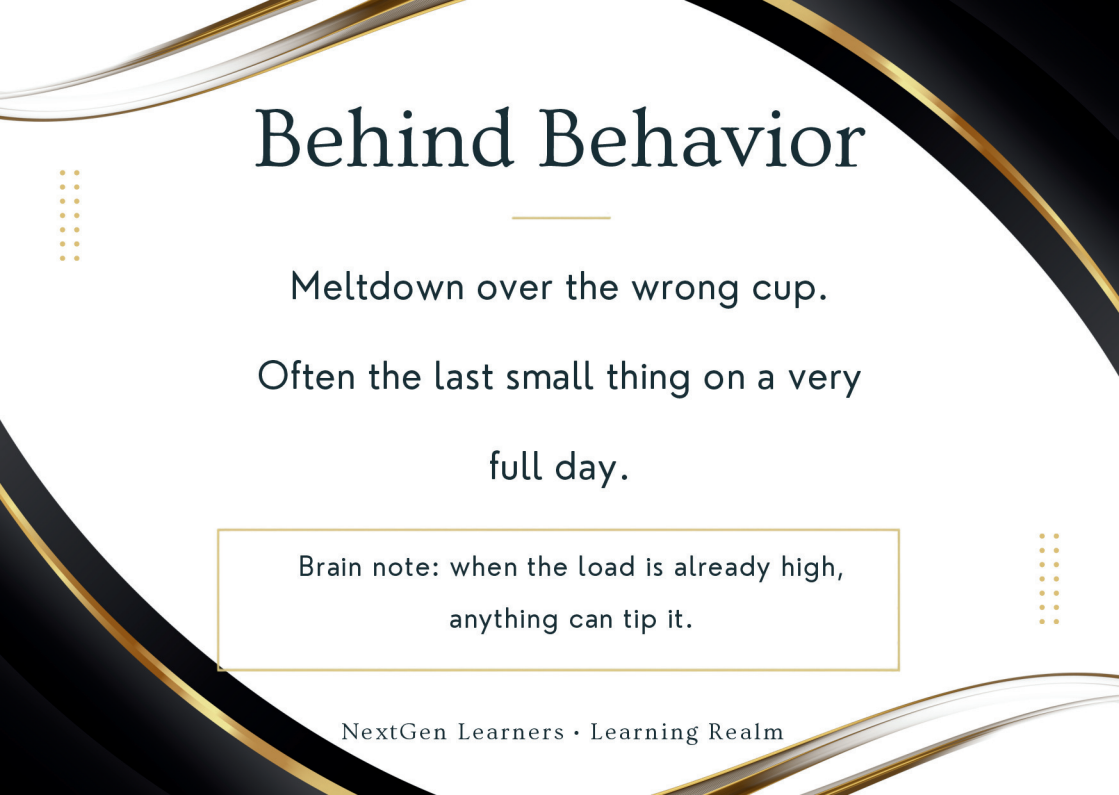


Meltdown the moment school
ends. Often a whole day of
holding it in, arriving at once.

Brain note: children let go where it is safest,
which is usually with you.



Behind Behavior



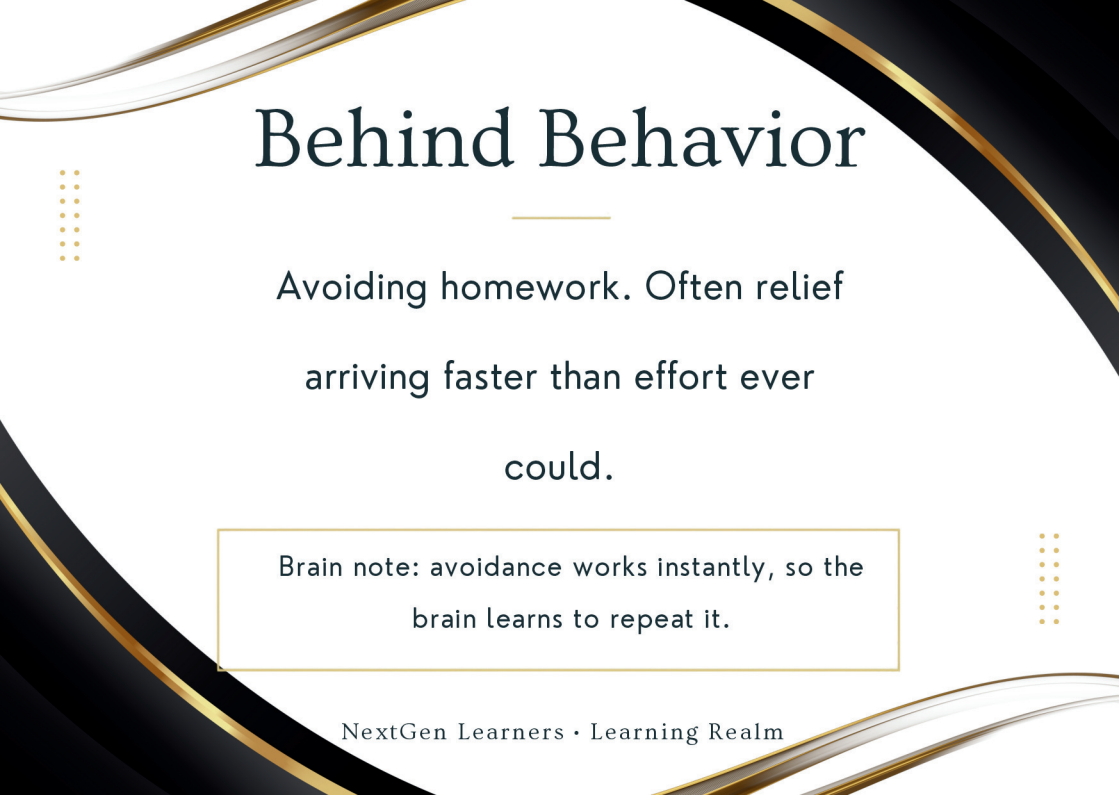
Meltdown over the wrong cup.

Often the last small thing on a very
full day.

Brain note: when the load is already high,
anything can tip it.



Behind Behavior

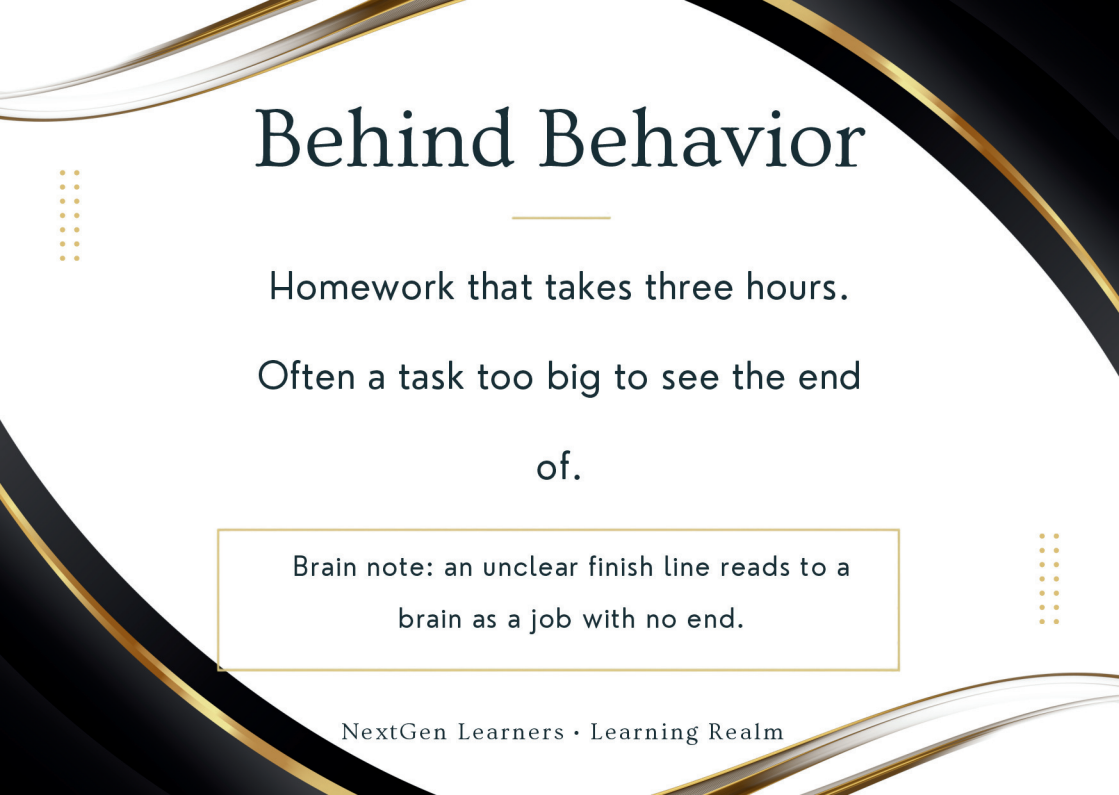


Avoiding homework. Often relief
arriving faster than effort ever
could.

Brain note: avoidance works instantly, so the
brain learns to repeat it.



Behind Behavior



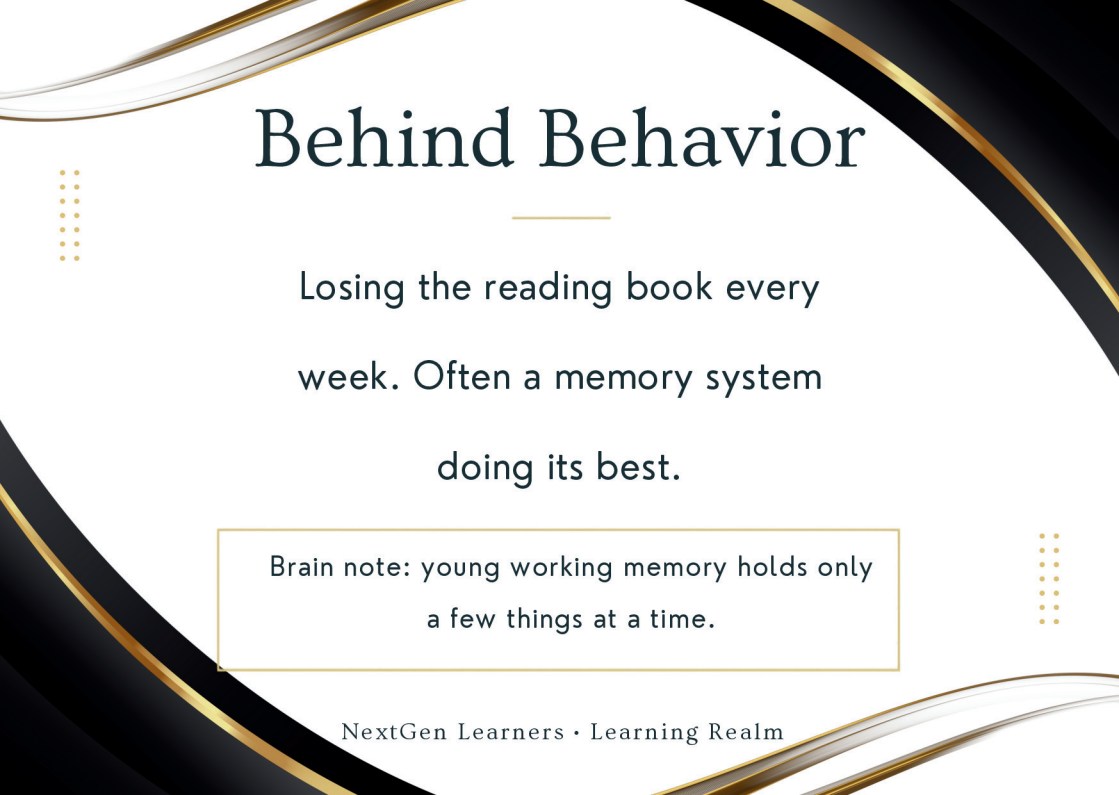
Homework that takes three hours.

Often a task too big to see the end
of.

Brain note: an unclear finish line reads to a
brain as a job with no end.



Behind Behavior

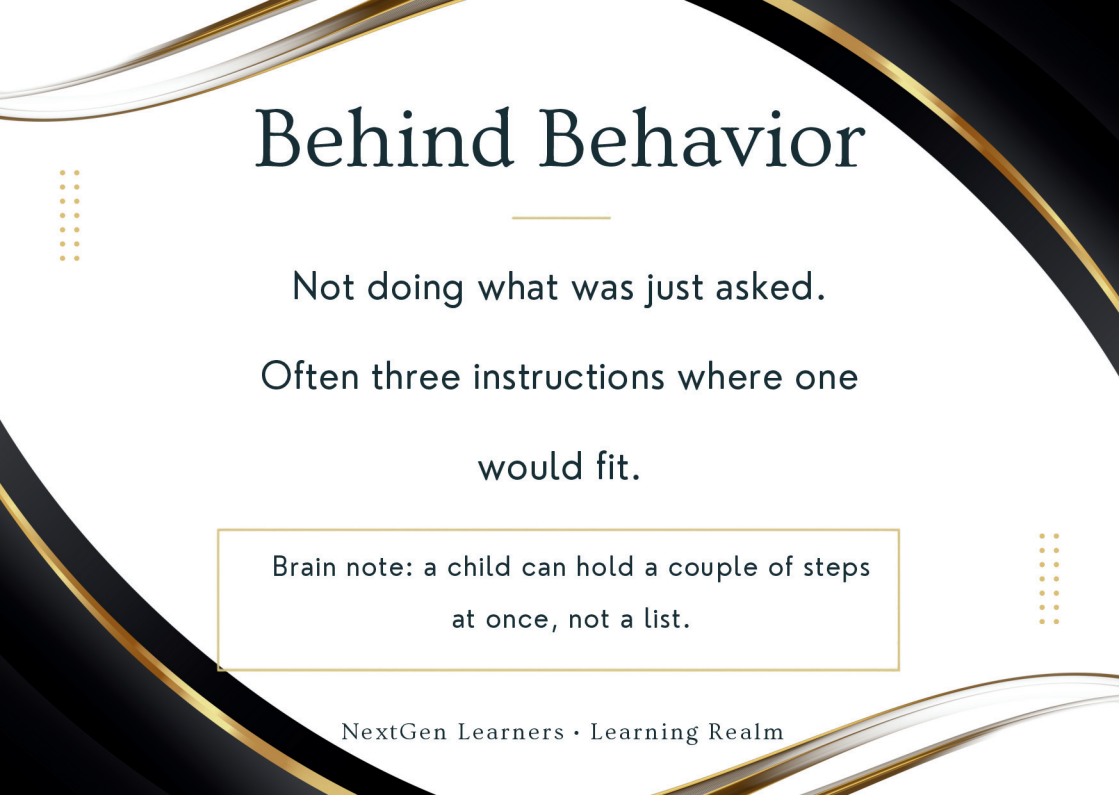


Losing the reading book every
week. Often a memory system
doing its best.

Brain note: young working memory holds only
a few things at a time.



Behind Behavior



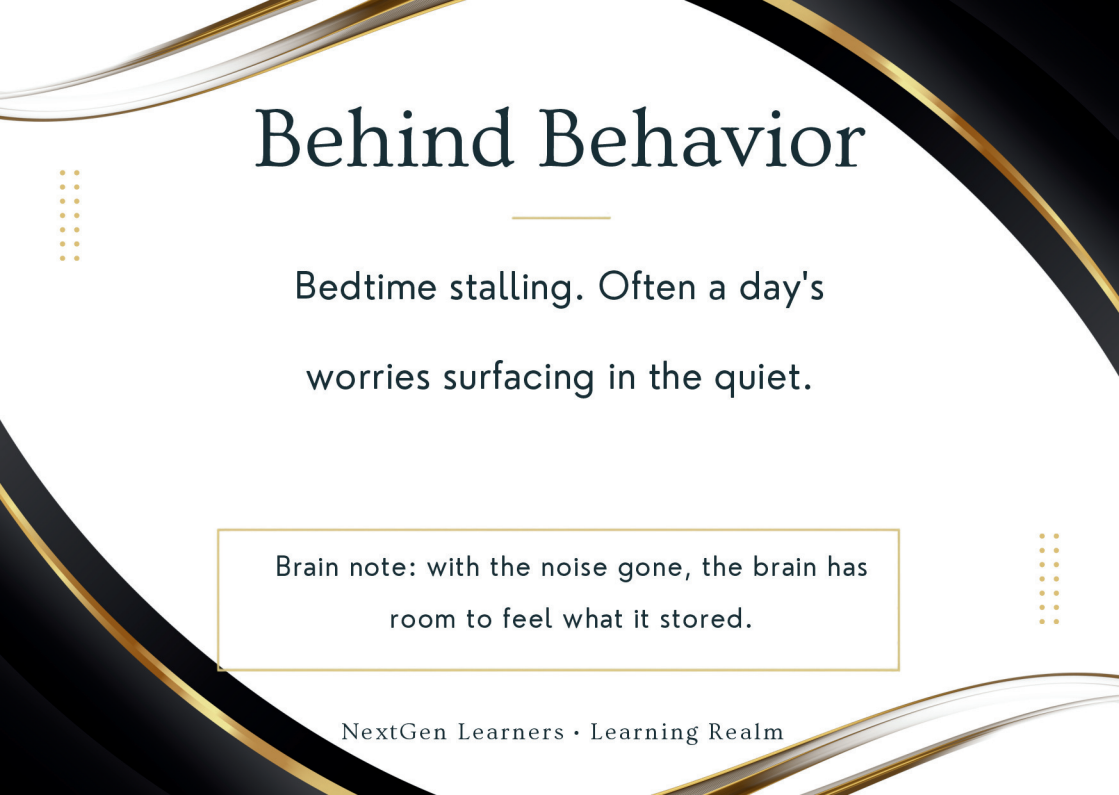
Not doing what was just asked.

Often three instructions where one
would fit.

Brain note: a child can hold a couple of steps
at once, not a list.



Behind Behavior

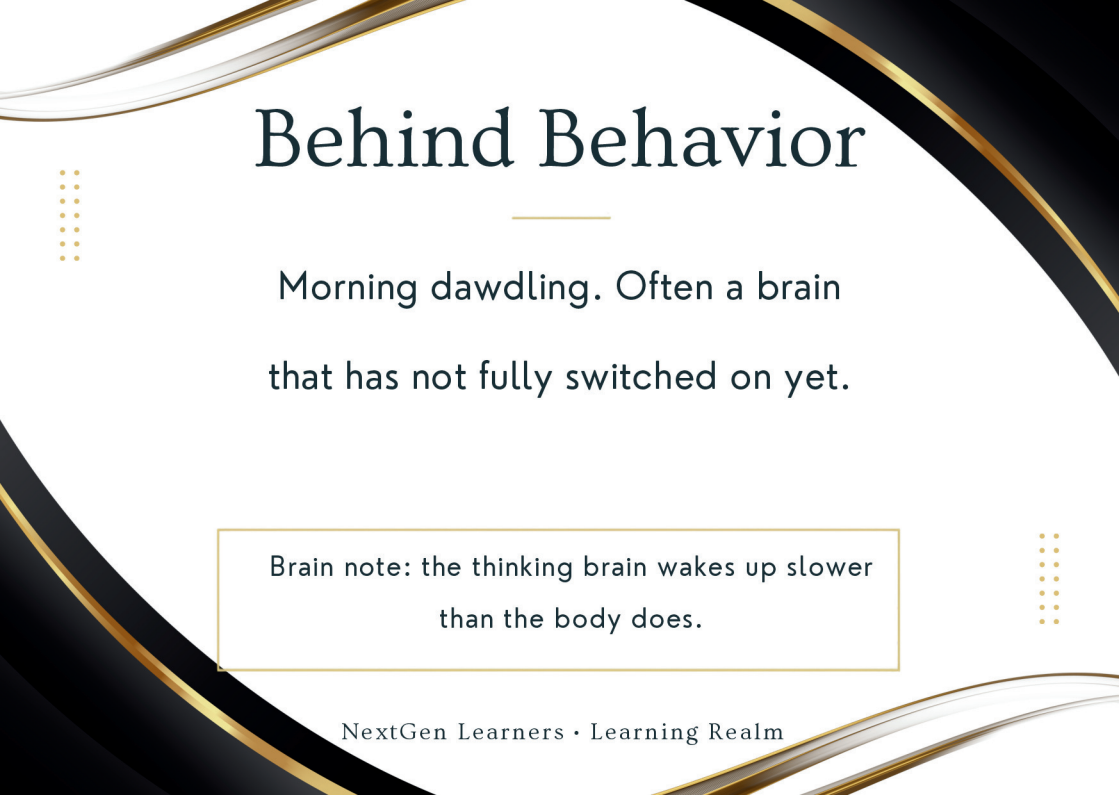


Bedtime stalling. Often a day's
worries surfacing in the quiet.

Brain note: with the noise gone, the brain has
room to feel what it stored.



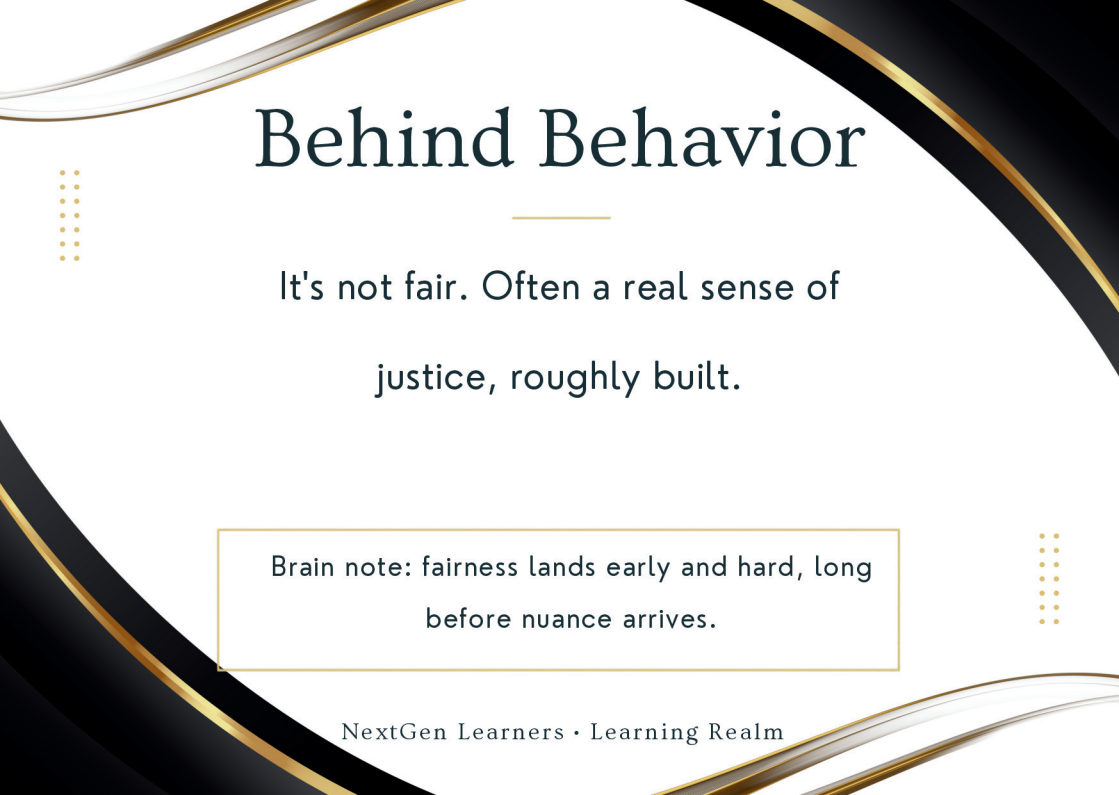
Behind Behavior



Morning dawdling. Often a brain
that has not fully switched on yet.

Brain note: the thinking brain wakes up slower
than the body does.

Behind Behavior



It's not fair. Often a real sense of
justice, roughly built.

Brain note: fairness lands early and hard, long
before nuance arrives.



Behind Behavior

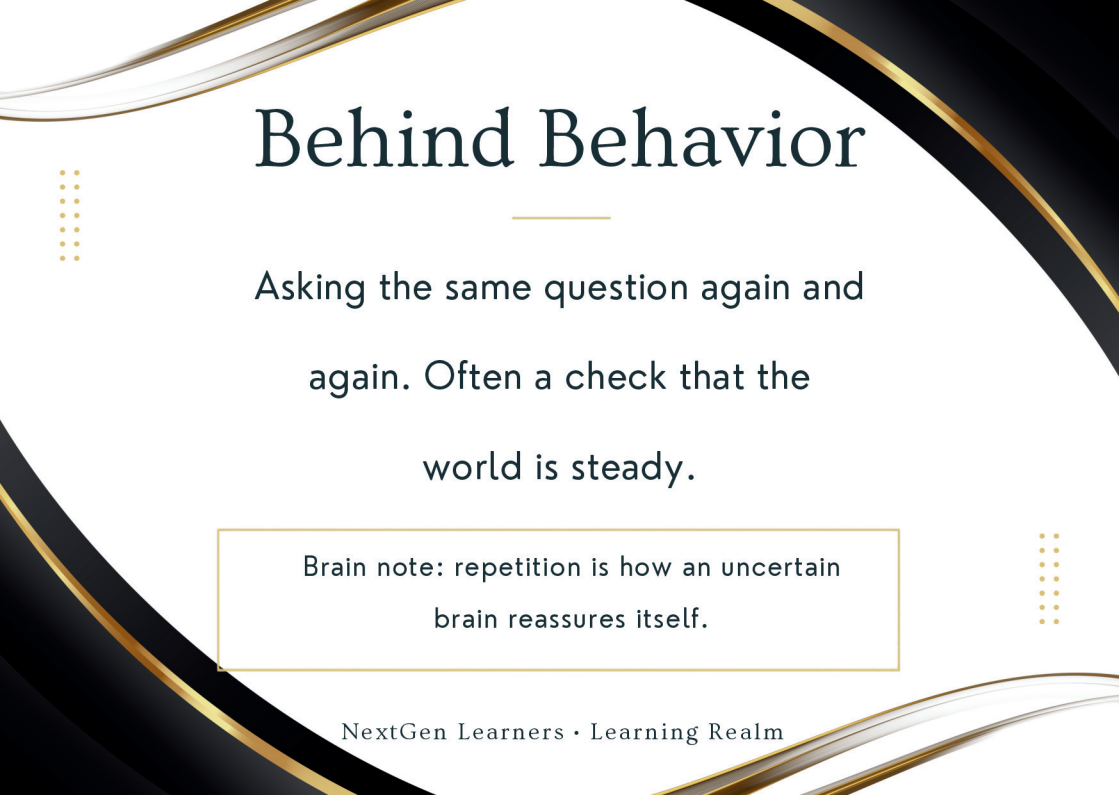


Needing to win every game. Often
a self-image that feels fragile.

Brain note: losing reads as threat when worth
is tied to winning.



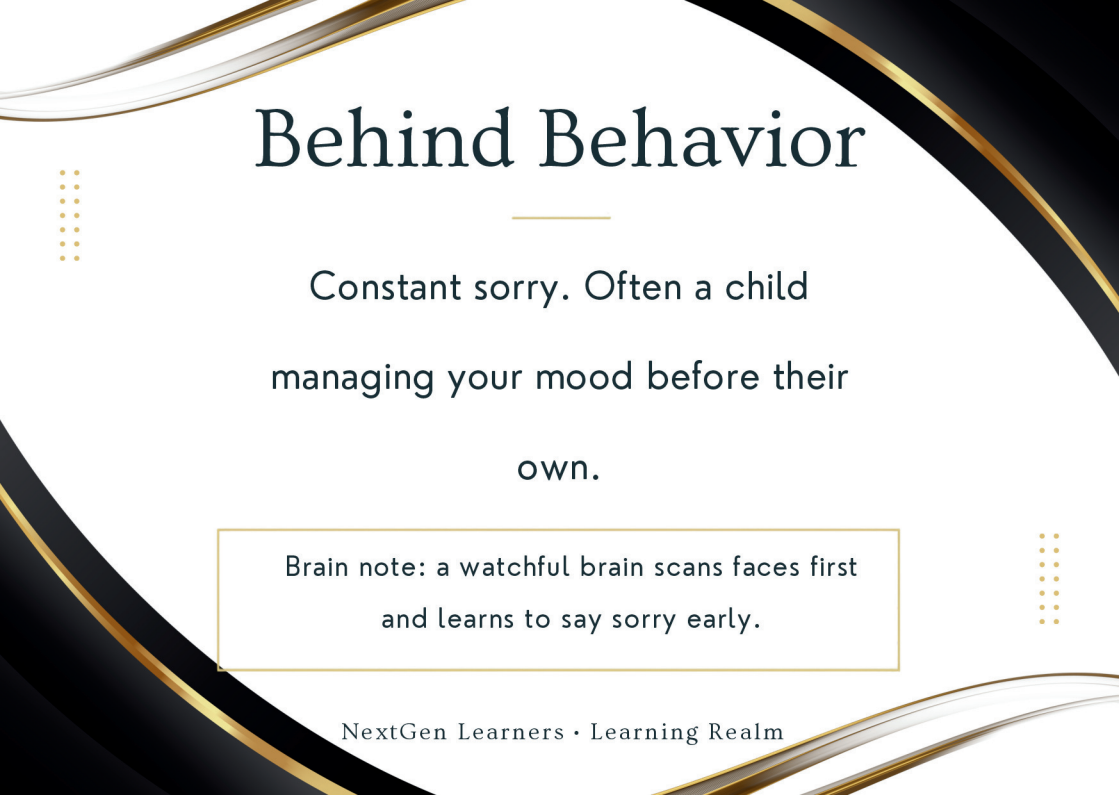
Behind Behavior



Asking the same question again and
again. Often a check that the
world is steady.

Brain note: repetition is how an uncertain
brain reassures itself.

Behind Behavior



Constant sorry. Often a child
managing your mood before their
own.

Brain note: a watchful brain scans faces first
and learns to say sorry early.



Behind Behavior

Also try: Scripts That Land, Conflict
Repair Scripts, and Q&A Full
Guides.

Brain note: Find every set at
NextGenLearners.com.