


<p>Oppositional Defiant Disorder</p> <p>Sue Rickard sue@giantstepsriding.org</p>	
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What difficult behaviors have you experienced as an instructor?

Insert photo of me and Nicole chatting here at the adaptive show 2023 if Jana can help me find it.

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What difficult behaviors have you experienced as an instructor?

Uncooperative      Disregulation      Anger      Disrespect

   Defiance      Vindictiveness

   Frustration      Unsafe

Manipulative      Argumentative      Dangerous      Aggression

   Intentionally distracting


   Yelling

   Throwing

Hostility

Undermining      Hurtful

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Strategies



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Strategies




Brain break  
Chat lap  
Time Out

Controlled Choices

The "Why"

Flexible programming

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Strategies continued

Rewards, consequences and boundaries, following through


Mindful questioning and listening

Independence & responsibility

Instructor tone and body language



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Ask yourself **WHY** the behavior?

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**Escape**                      **Attention**

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
### Term Goals and Lesson Planning




**Lesson plan with pathways**  
Teach in chunks  
Learning styles  
Diverse teaching strategies and setups



**Do this or this? A or B?**  
Hows  
Whys  
Troubleshoot together




**Specific honest praise**  
Deliver positivity  
Develop an eye for the "good stuff"  
"Now you have such strength and energy to haul the feed buckets"



**Consistent boundaries and expectations**  
Routine  
Sense of security  
Changes  
*If team changes then make sure expectations are communicated*

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You are building ...

- resilience
- frustration tolerance
- success
- positivity

by....

1. modeling appropriate behavior
2. showing flexibility
3. being curious to their questioning
4. including family, friends, school if possible
5. being prepared to change yourself
6. asking for help
7. being patient
8. creating a productive lesson environment



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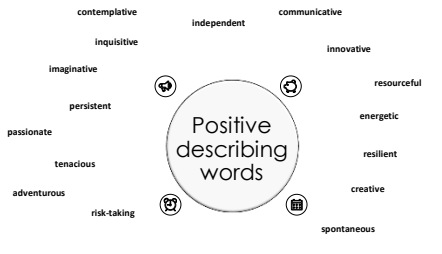
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**Positive describing words**

contemplative, independent, communicative, inquisitive, innovative, imaginative, resourceful, persistent, energetic, passionate, resilient, tenacious, creative, adventurous, risk-taking, spontaneous

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catch myself and refocus on what was happening in that moment—the sights, the sounds, the smells, my body—an exercise I learned in a mindfulness course the college had offered to the faculty a few years ago.

Julia May Jonas  
*Vladimir: A Novel*  
#kindlequotes

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GIANT STEPS  
Mindfulness  
Equitation  
Center

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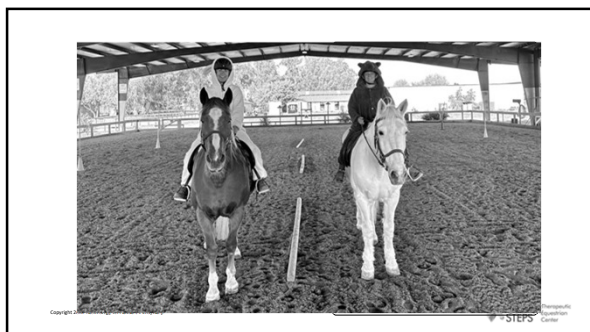
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