

## Meltdown VS Tantrum Answers

Description
A student having a <b>Meltdown</b> often has a limited awareness of what is happening around them.
A <b>Tantrum</b> is a power play in which a student is seeking to avoid or obtain something.
In a <b>Tantrum</b> often behaviors displayed are attention seeking and having an audience watching can be reinforcing for them.
A student having a <b>Meltdown</b> often has difficulty cognitively processing what is being said to them.
In a <b>Meltdown</b> often there will be an increase in self-stimulatory behaviours.
After a <b>Tantrum</b> the student may feel a sense of satisfaction because they 'won' or feel frustrated/angry because they couldn't achieve their goal.
A person who is having a <b>Tantrum</b> often will be able to sustain the power play for a long period of time.
After a <b>Meltdown</b> the student may have difficulty starting or continuing tasks because they are physically and mentally exhausted.
A <b>Tantrum</b> can stop at any time because it is not an out of control emotional response and is under the control of the person.
After a <b>Meltdown</b> they may carry on as if nothing has happened because, when the emotional dysregulation goes away, they forget it.
A person who is having a <b>Meltdown</b> may cause harm to themselves and have little or no awareness of it.
In a <b>Tantrum</b> the student usually has a specific purpose and intent to achieve a specific goal. e.g. avoiding doing work.
A <b>Meltdown</b> usually has specific triggers related to sensory or biological needs such as too much noise, being hungry, being overworked.
A <b>Meltdown</b> is neither intentional nor can it be controlled once full-blown. It cannot be stopped by giving in to the student's desires.
A student having a <b>Meltdown</b> may be aggressive and hurt other people but this is usually not intentional.
After a <b>Tantrum</b> the student usually is able to recollect some of the events that happened.
After a <b>Meltdown</b> the student may have negative feelings such as guilt, remorse or shame.
A student having a <b>Tantrum</b> will often direct their aggression or refusal towards a person or objects.
A <b>Tantrum</b> can usually be addressed through effective behavior management strategies.
A person having a <b>Tantrum</b> usually consciously wants to have control of the situation.