

Meltdown VS Tantrum Answers

Description
A student having a Meltdown often has a limited awareness of what is happening around them.
A Tantrum is a power play in which a student is seeking to avoid or obtain something.
In a Tantrum often behaviors displayed are attention seeking and having an audience watching can be reinforcing for them.
A student having a Meltdown often has difficulty cognitively processing what is being said to them.
In a Meltdown often there will be an increase in stimming behaviours.
After a Tantrum 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 Tantrum often will be able to sustain the power play for a long period of time.
After a Meltdown the student is usually physically and mentally exhausted.
A Tantrum can stop at any time because it is not a fight or flight response.
After a Meltdown may carry on as if nothing has happened.
A Meltdown usually has a shorter 'life' lasting between approximately 20 to 40minutes.
In a Tantrum the student usually has a specific purpose and intent to achieve a specific goal. e.g. avoiding doing work.
A Meltdown usually has specific triggers related to stressors such as too much sensory input.
A Meltdown is neither intentional, or can be controlled once full-blown, and cannot be stopped by "giving in to your student's wants or demands."
A student having a Meltdown may be aggressive and hurt other people but this is usually not intentional.
After a Tantrum the student usually is able to recollect some of the events that happened.
After a Meltdown the student may feel shame, guilt, remorse or humiliation.
A student having a Tantrum will often direct their aggression or refusal towards a person or objects.
A Tantrum can usually be addressed through effective behavior management strategies.
A Tantrums is usually directly related to an issue.