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| **Questionnaire**  **Please choose the correct answer for each blank, either Tantrum or Meltdown** |
| A student having a Choose an item. often has a limited awareness of what is happening around them. |
| A Choose an item. is a power play in which a student is seeking to avoid or obtain something. |
| In a Choose an item. behaviors displayed are often attention seeking and having an audience watching can be reinforcing for them. |
| A student having a Choose an item. often has difficulty cognitively processing what is being said to them. |
| In a Choose an item. often there will be an increase in self-stimulatory behaviours. |
| After a Choose an item. 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 Choose an item. often will be able to sustain the power play for a long period of time. |
| After a Choose an item. the student may have difficulty starting or continuing tasks because they are physically and mentally exhausted. |
| A Choose an item. 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 Choose an item. 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 Choose an item. may cause harm to themselves and have little or no awareness of it. |
| In a Choose an item. the student usually has a specific purpose and intent to achieve a specific goal. e.g. avoiding doing work. |
| A Choose an item. usually has specific triggers related to sensory or biological needs such as too much noise, being hungry, being overworked. |
| A Choose an item. 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 Choose an item. may be aggressive and hurt other people but this is usually not intentional. |
| After a Choose an item. the student usually is able to recollect some of the events that happened. |
| After a Choose an item. the student may have negative feelings such as guilt, remorse or shame. |
| A student having a Choose an item. will often direct their aggression or refusal towards a person or object. |
| A Choose an item. can usually be addressed through effective behavior management strategies. |
| A person having a Choose an item. usually consciously wants to have control of the situation. |