

Module 4 Discussion Questions

JONAH Strategy

1. How do the principles of Just Opportunities, New Actions, and Hope challenge us to think differently about student behavior?

Emotional Regulation

2. How can you distinguish between defiance and emotional dysregulation in students?
3. In what ways can co-regulation from teachers or paraeducators help students learn self-regulation?
4. What classroom strategies have you found most effective when a student becomes emotionally overwhelmed?

Stress Vulnerability

5. What factors (biological, environmental, social) have you noticed make some students more vulnerable to stress?
6. How can awareness of Adverse Childhood Events (ACEs) shift the way we interpret “misbehavior”?
7. How do you balance compassion for students’ vulnerability to stress with maintaining accountability and expectations?

Executive Functioning and Coping

8. Which executive functioning skills (planning, memory, attention, impulse control) do you see your students struggle with most?
9. How can teachers build coping skills “in real time” during moments of stress?
10. What classroom tools or structures help your students manage attention and organization most effectively?

Classroom Dynamics

11. If there were a continuum with controlling classrooms on one end and autonomy-supporting classrooms on the other, where would your classroom fall?

12. What role do you think punishment plays in your current setting? How could “New Actions” strategies provide alternatives?
13. What practical ways can we use to give students meaningful choices without losing structure?

Trust and Relationships

14. How do warmth, attention, and responsiveness show up in your daily teaching practice?
15. What gets in the way of building trust with certain students? How do you try to repair those relationships?
16. What role do cultural differences play in how we show (and interpret) warmth and connection?

Motivation

17. How do you see autonomy, relatedness, and competence affecting your students’ motivation?
18. What strategies have you used to reduce pressure and build intrinsic motivation, especially for anxious or perfectionistic students?