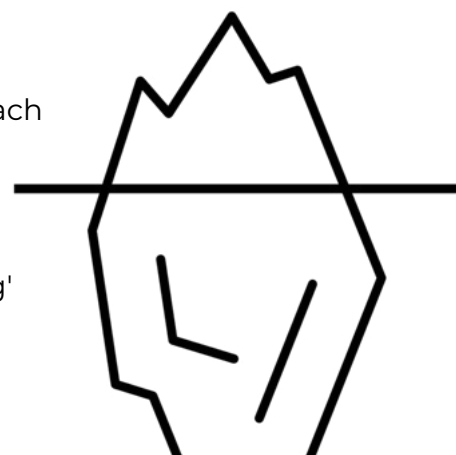


Exploring Behaviour Needs ('Iceberg' Analogy)

The '*iceberg*' analogy is a helpful way to understand behaviour. The small tip above the water represents observable behaviour (i.e. what we see on the surface). Beneath the water is the much larger portion representing the unmet needs driving the behaviour.

Rather than reacting only to what we see, the 'iceberg' approach encourages educators to respond with curiosity and explore what may be happening underneath (or beneath the surface). To support this, the following eight areas can be considered when exploring what may sit beneath the 'iceberg' for a child:



Eight potential needs

Basic needs: Food, sleep, movement, comfort.

Safe & secure relationships: Feeling safe, trusted, and supported.

Agency & autonomy: Having choice and influence.

Predictability: Knowing what will happen next.

Strengths & interests: Using what motivates and engages the person.

Skillset match: Expectations match current ability.

Co-regulation: Support from others to help regulate.

Learning environment: Physical, sensory, social, and emotional conditions.

Filling out an 'iceberg' resource:

- Use an iceberg visual to record observed behaviours in the 'tip' above the surface of the water.
- Consider how the child's needs are currently being met across the day and what supports are in place.
- Gather information under the iceberg (beneath the water surface) from families, other supports, and existing documentation where possible.
- Identify one or two key needs that may be driving the behaviour. You can then plan proactive strategies to better support these needs. This shifts the focus from reacting to behaviour to responding to needs by creating environments, relationships, and supports that help children thrive.

A printable "Iceberg" template can be found on the following page.



Scan QR code to view other resources, services and supports offered by Autism Queensland.

Autism Queensland is here to help—get in touch to learn more:



Email: css@autismqld.com.au

Phone: (07) 3273 0000

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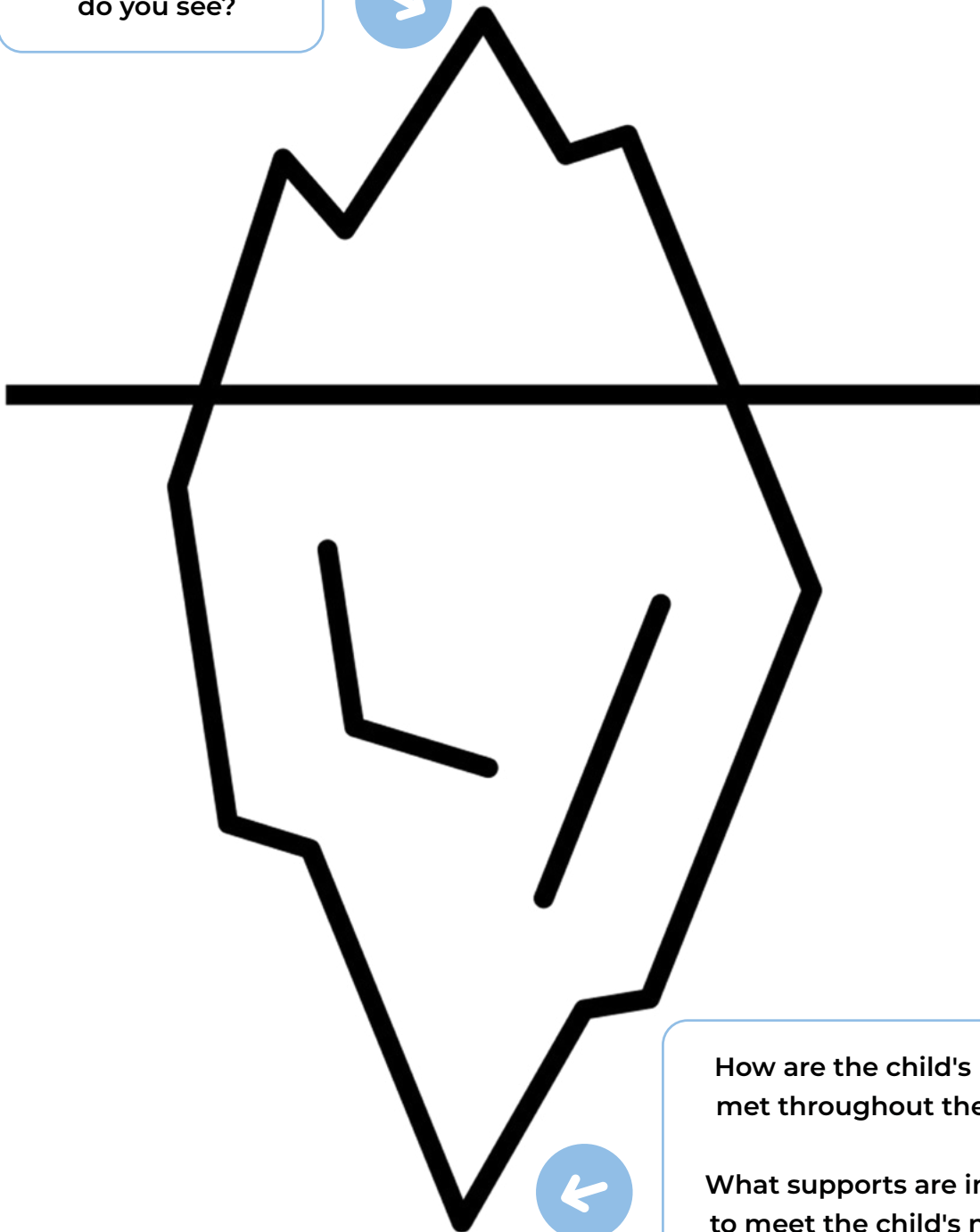


**Queensland
Government**



Behaviour 'Iceberg'

What behaviour
do you see?



How are the child's needs
met throughout the day?

What supports are in place
to meet the child's needs?