E3 Training

Examples of Internalizing Behaviors:

* nervous or irritable
* withdrawn
* Eating more or less than usual
* Feeling afraid
* Feeling lonely
* Feeling sad
* Feeling unloved or unwanted
* Having concentration problems
* Headaches, stomachaches, and other physical symptoms that are not related to any physical illness
* Not talking
* Sleeping more or less than usual

Examples of Externalizing Behaviors

* physical aggression towards others vs. self
* verbal bullying
* defiance
* theft
* Damaging property – toys, etc.

Examples of Attention Problems:

* Interrupting
* Trouble waiting their turn
* Emotional dysregulation
* Fidgeting
* Problems playing quietly
* Unfinished tasks
* Lack of focus – loses things
* More energy than their peers