

REDIRECTION/CALMING

Watch for signs of student frustration and use de-escalation strategies to redirect and calm a student.

- Be alert to triggers that lead to misbehavior
- Use a soft, soothing voice when redirecting/directing a student to focus
- Call student by name and discreetly redirect
- Intervene quickly at the first sign of a student losing control
- Use verbal or nonverbal cues to refocus a student
- Assign a task for redirection (e.g., passing out paper, running an errand, taking a note to a neighboring teacher)
- Play soft, classical background music
- Use relaxation exercises (e.g., use guided imagery, take deep breaths, perform cross-lateral exercises, count slowly, use laughter)
- Teach students to use positive self-talk
- Model and practice *Give Me Ten* (e.g., count forward or backwards to 10)
- Allow time for student to refocus and gain self-control
- Lead students to recognize when a problem situation might occur and what action to take
- Provide a *cool down* area in the classroom that a student can access when needed
- Allow student to take a walk with supervision
- Use physical activities to relieve stress (e.g., walking fast, using clay, squeezing a stress ball)