

DE-ESCALATION TECHNIQUES



Slow Down

Speech and movements



Decrease Language

Stick to facts



Safety Reminder

Non-threatening stance



Reflect Later That Day

Relationships matter

Keep Calm

1 Tell myself to STOP

2 Count to 10

3 Take 3 deep breaths

4 Give myself a hug

5 Say, "I am calm."

Avoid challenging behaviors by planning ahead with the 5Ws

5 W's:

- Where they are going?
- Who they are going with?
- What are they going to do?
- When is it over?
- What comes next?