

50+ FREE de-escalation strategies



De-escalation Strategies & Techniques

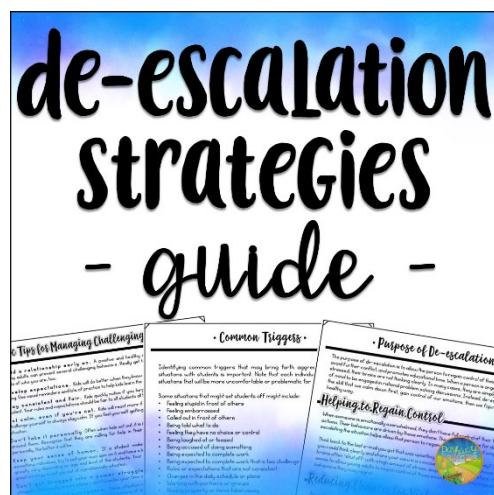
This resource includes over 50 de-escalation strategies that educators, administrators, and other adults can use when working with kids and young adults to de-escalate a situation. Kids and young adults who become emotionally overwhelmed or upset in a situation may begin to express their emotions in challenging ways.

In many cases, the best way to handle these types of behaviors is to de-escalate the situation as soon as possible. It's very important to recognize that this does not mean letting the student get away with the behavior. Instead, de-escalation focuses on helping the student return their emotions back to a normal level. Once the student is calm, you can problem-solve together for next time or consider a plan for the future.

An important note about de-escalation strategies is that different techniques may work for different students (or even at different times). These are going to depend greatly on your relationship with that student, their interests, individual needs, and emotions at the time.

Let's consider an example with this: For one student who is overwhelmed, changing the subject to talk about a favorite animal may help invite calm. For another student, changing the subject may cause them to feel they are not listened to. As always, it is important to know your learners and find the strategies that work best for them as individuals.

If this resource is helpful to you, consider purchasing the full [De-escalation Strategies Guide](#):



This guide focuses on de-escalation strategies and proactive solutions that adults can use when working with kids and young adults. It includes training materials, reference lists, practice scenarios, and more.

De-escalation Strategies & Techniques

1. Act calm even if you're not.
2. Say, "Let's talk about this later".
3. Use humor to lighten to mood.
4. Lower your voice.
5. Give a choice.
6. Start drawing and invite them to join.
7. Ask, "What would help you right now?"
8. Change the subject to a positive one.
9. Give personal space.
10. Say, "I see where you are coming from."
11. Distract with a photo of something they like.
12. Show that you are listening.
13. Remove the audience.
14. Say, "I want to help you."
15. Talk about something they like.
16. Make a joke.
17. Encourage the person.
18. Remind them of something amazing they did.
19. Say, "You can do this."
20. Call another adult for help.
21. Say, "Let's call... I think they can help."
22. Be willing to find a solution.
23. Offer to change the way you are doing something.
24. Re-state what the person is saying.
25. Validate their thoughts.
26. Avoid over-reacting.
27. Use active listening.
28. Offer a solution.
29. Let the person talk without interrupting.
30. Say, "I see your point."
31. Offer to take a walk with the person.
32. Clarify expectations.
33. Remind them of something they love.
34. Apologize for something you did wrong or the way it was taken.
35. Invite them to do a preferred activity.
36. Ask if they can explain more about how they're feeling.
37. Try to understand the person's perspective.
38. Slow yourself down to avoid getting worked up.
39. Say, "So, you're upset because... right?"
40. Practice deep breathing together.
41. Show empathy.
42. Encourage the person to use a coping strategy.
43. Don't take items or personal property from them.
44. Encourage the person to take a walk or get a drink.
45. Give the person an "out" (i.e. letting them go to another room or walking away).
46. Ask, "Would it help if... ?"
47. Ask for their help with a chore or activity.
48. Coach the person with positive remarks.
49. Acknowledge where you agree with the person.
50. Remind the person, "You're not in trouble".
51. Tell the person, "I'm here for you."
52. Say, "Talk to me," and listen.
53. Tell the person to take a minute to themselves.
54. Let the little behaviors go.
55. Distract by saying, "Hey, let's go..."
56. Be respectful in your tone.
57. "Do what works" in the moment.
58. Listen and repeat what they say.
59. Ask them to draw a picture of what happened.
60. Avoid needing to get the last word.

• About the Author •



Kristina is an educator, curriculum specialist, and resource author with over 15 years' experience in the education field. She has a bachelor's degree in special and elementary education, and a master's degree in special education. She has worked extensively teaching learners with social-emotional and executive functioning needs, developing classroom and school-wide interventions, and supporting other educators. Her goal is helping learners find their individual pathway to success.

• Terms of Use •

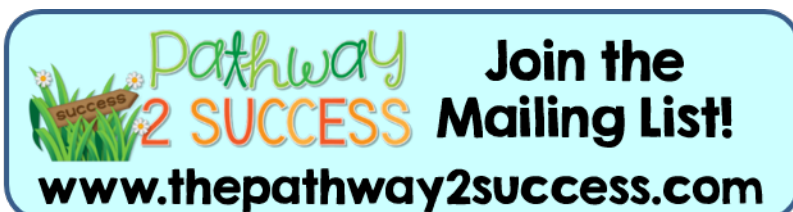
© Copyright 2023 Pathway 2 Success. All rights reserved. One license is for the classroom/personal use for one educator and their students/caseload. Permission is granted for the original purchaser or licensee to copy and use pages for their students and/or themselves.

Materials may not be shared with other educators without purchasing additional licenses. Materials may not be posted on the Internet where they can be publicly accessed, such as a class website or shared network drive. Private and secure sites to share with students are allowed (such as Google Classroom and e-mail). Materials may not be re-sold, altered, or redistributed in part or in whole. Materials are for classroom and personal use only. Commercial use is prohibited. Failure to comply with these terms is violation of copyright law, including the Digital Millennium Copyright Act (DMCA).

Please reach out to me at pathway@thepathway2success.com with questions.

Disclaimer: These resources and materials are for supplementary support/education purposes and are not a replacement for education or other necessary supports. Educators, parents, and others who utilize these materials are encouraged to seek out additional support, as needed.

• Let's Connect •



Thank you VERY much for your purchase! Once you have used this resource, please follow [my TpT store](#) and share your experience with others!

Clipart and Font Credits

