

# Template

0 – 25 Specialist Teaching And Support Service

## De-escalation Plan – Example.

<b>Name:</b> Child A  <b>Created by:</b> Class Teacher and Parent / Carer.  <b>Date:</b> June 2022  <b>Review date:</b> September 2022	<b>Try</b>	<b>Avoid</b>
	Speak in a calm quiet tone. Give clear directions: e.g. 'It looks like you are cross. Let's walk to the cushion and talk there.'	Direct eye contact. Look slightly to one side as you are speaking to Child A. Consider dropping your gaze and standing alongside not in front of Child A.
	Humour: Child A loves 'knock knock jokes'.	Planned ignoring: This will escalate Child A's behaviour.
	Success reminders: Show Child A their 'I stayed calm' photograph book.	

### Things to note:

- Use visual approaches such as 'Child's Voice' to gather the individual's opinions on what works and doesn't work for them.
- Gather parent/carers voice on strategies used at home.

This template is part of the Strategies for De-escalation Toolkit.

- Strategies for De-escalation Help Sheet

# Template

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- Strategies for De-escalation Template
- Strategies for De-escalation Template – Example

### Reference / Evidence base – informed by:

Team Teach