

[Student Initials/ Name] Support Plan

- ★ Please limit verbals especially while regulating and on breaks
- ★ If he gets upset, and walks away, please give him space. He calms down quickly on his own

Level	Student's Presentation	Staff Response
Baseline	-following along with activities and routines -indicates his need for a break through verbally requesting or walking away -regulates in rocking chair and swing in sensory room -often talks to himself	-morning check in with ILT -follow 'Outline of STUDENT's Day' with breaks (indicated on visual schedule) throughout his day -use a timer and give verbal warnings before transitions (2 mins, 1 min 30 sec, 10 sec) -STUDENT requires processing time with verbal instructions (up to 1 minute) -offer swing in sensory room
Anxiety	-“all done” “I’m done” “I’m bored” “I’m tired” “I don’t want to” -volume of his voice increases -flaps his arms or puts his hands up -flops his body over his desk -leaves class to go to rocking chair or table outside his classroom	-“Thanks for letting me know” or “Good job STUDENT” and move to desired break (as indicated on First/Then) -let him leave immediately to regulate on his own -limit verbals and give STUDENT time and space
Defensive	-swearing and stomping his feet -crying -yelling -leaves his class or other space	-limit verbals and give STUDENT time and space. Let him walk away (ensure you can see him). He calms on his own quickly -if he leaves the classroom, let him go and don’t talk to him. Give him space to regulate.
Risk Behaviour	-hitting -spitting -throwing things -grabbing neck	-limit verbals -give time and space -contact admin or LST
Tension Reduction	-returns to class or re-engages with adults -body appears more relaxed -he will move his body closer to you as he regulates -cries	-“it’s all good STUDENT, you are okay, you are not in trouble” -offer food or drink
Postvention	-back to baseline -smiling -regulated self-talk returns	-“we don’t (hit) people. My job is to keep everyone safe” -share adult concerns “My concern is/was...” -“what do you think we can do next time you’re feeling overwhelmed?”

Date here