

Observable Student Behaviors that occur during each stage						
Calm <ul style="list-style-type: none"> Alec completes math tasks 	Triggers <ul style="list-style-type: none"> Math demands 	Agitation <ul style="list-style-type: none"> Hand flapping, hand wringing, Yelling NO 	Acceleration <ul style="list-style-type: none"> Hand flapping intensifies Walking around room looking for objects to pick up and throw 	Peak <ul style="list-style-type: none"> Throws objects he can pick up at staff 	De-escalation <ul style="list-style-type: none"> Cries Sits on floor 	Recovery <ul style="list-style-type: none"> Practice asking for another task
Strategies to use during each stage						
Prevention <ul style="list-style-type: none"> Check in with mom about sleep the night before. If didn't sleep well, give Alec choice of math tasks 	Prevention and redirection <ul style="list-style-type: none"> Remind Alec to use his "request another task" card Present alternative task 	Reduce anxiety <ul style="list-style-type: none"> Remove math demand Point to and verbally remind Alec about the "Calm" signal Remove students from the room Notify principal <i>If Alec is responsive put a coin in his "Choice Jar"</i> 	Safety <ul style="list-style-type: none"> Stay in the room with Alec but stay out of throwing range (at least 15 feet away) As you move about the room following him, pick up any heavy objects he may be able to throw 	Crisis intervention <ul style="list-style-type: none"> Stay in the room with Alec Restrain ONLY if Alec starts hurting himself (hitting objects on his body) 	Remove excess attention <ul style="list-style-type: none"> DO not talk to Alec while he is sitting on the floor or crying. When he is calm (sitting at desk, not crying, quiet) give him his water bottle 	Re-establish routines <ul style="list-style-type: none"> Re-teach and practice "request another task"

Adapted from Bounds (2003)