

## **MODULE ONE:**

# **INTRODUCTION TO MANAGING ESCALATING BEHAVIOR**

### **Overview:**

This module provides an overview of the stages of escalating behavior; helping to identify key student behaviors at each stage that serve as indicators for how best to intervene in a manner that maximizes the probability of success.

### **Big Ideas:**

1. *There are 7 unique stages in a cycle of escalating behavior, each with its own unique indicator behaviors and each prescribing a best course of action for intervention.*

- Calm – student is able to learn – teachers should teach appropriate behavior
- Trigger – student is distracted – teacher should redirect
- Agitation – student is visibly stewing – teacher should distract student from trigger
- Acceleration – student escalates quickly – teacher focuses on safety; provides calm and simple directions
- Peak – student’s behavior reaches pinnacle – teacher insures safety of all involved
- De-escalation – student begins to come down – teacher facilitates cool-down and gives space
- Recovery – student calm and sullen – teacher facilitates transition back to routines
- Return to Calm – student is able to learn – teacher should debrief and re-teach

2. *Follow the 5 Keys to Success*

- Take advantage of calm things
- Establish positive relationships
- Think ahead about triggers
- Be consistent
- Remain in control of your own emotions

### **Activity:**

In your group, reflect on how you may sometimes engage students in a way that increases their likelihood of escalation. Not that you do it on purpose – but we all have natural reactions to misbehavior that may not be productive when considering escalations.

Discuss some personal experiences you’ve had where you felt like you could have handled the situation better.

### **Task:**

Between now and when you meet for the next module, monitor your own voice level and emotions when students’ behaviors make you mad or annoy you.

Think about what it takes to remind you. You’ll have some time to debrief on this at the beginning of the next module.