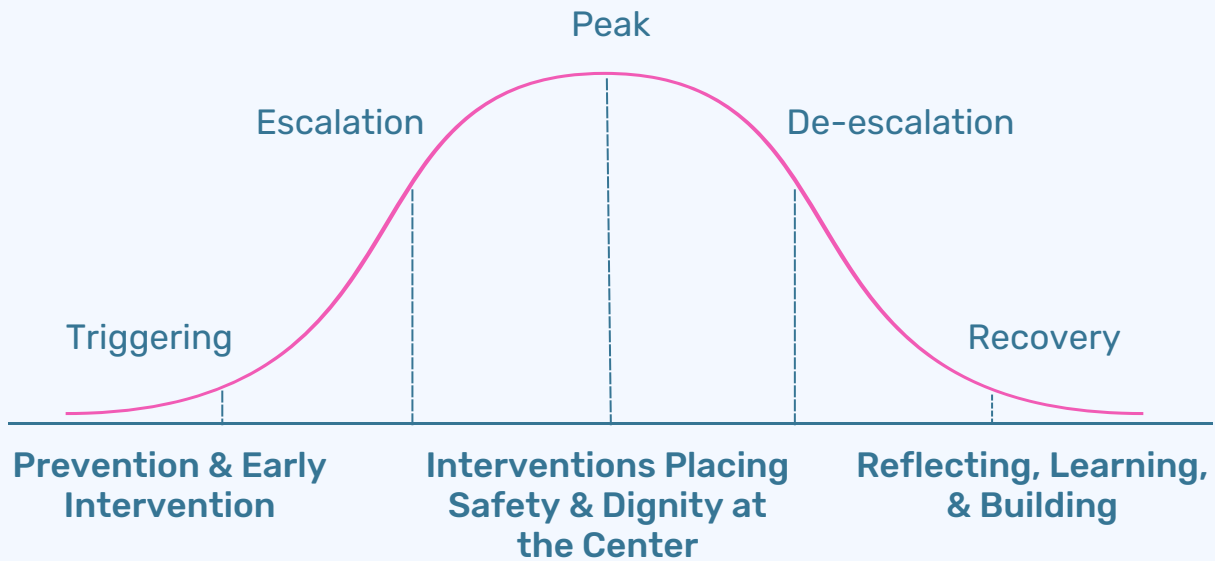


# De-Escalation Cheat Sheet



## Escalation Curve



## 20-Second Grounding

The 5-4-3-2-1 Method is a substitute-friendly script for helping a student regain awareness:

- "Tell me 5 things you see."
- "Now 4 things you can touch."
- "Now 3 things you hear."
- "Now 2 things you can smell."
- "Now 1 thing you can taste."

## Adult Regulation

Quick pointers for the adult:

- Breathe slower than normal.
- Lower your volume below theirs.
- Keep your face neutral.
- Plant your feet (don't pace).
- Speak in statements, not questions.
- Keep your hands visible and relaxed.

## Language

Short phrases. No questions. No lectures.

- "I hear you."
- "I'll stay close."
- "Hands stay safe."
- "It's okay to take space."
- "We can do this together."
- "Try this with me."