### My De-escalation Plan

Date:

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| **My De-escalation Plan** |
| My De-escalation Plan will help (student name) to use a range of strategies to stay calm and self-aware |
| **When this happens, I get angry, frustrated or anxious:** |
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| **When I get angry, frustrated or anxious, my behaviour can look like:** |
|  |
| **My physical response is often:** |
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| **Some things I can do to help myself de-escalate are:** |
|  | Take a deep breath or do mindful breathing |
|  | Listen to one of my favourite songs |
|  | Ask for a time out |
|  | Go for a walk |
|  | Ask to talk to a friend or teacher |
|  | Ask for a drink of water |
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| **Some things an adult can do to help me de-escalate are:** |
|  | Ask me how I am doing |
|  | Suggest I take some time out |
|  | Let me walk with them |
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| **I know I am calm when I look like this:** |
|  |
| **and feel like this:** |
|  |
| **We will review My De-escalation Plan on:** |
|  |