



# WHAT DO EFFECTIVE AND MEANINGFUL STRATEGIES LOOK LIKE?



## OFFER:

- Water
- Crunchy snacks
- A walk
- Timed rest

## SAY:

“What does your body need?”  
 “I want to help you.”  
 “Let me know where you’re ready to earn \_\_\_\_.”

## USE:

- A calm, even tone
- Moderate-low volume

## MOVE:

Close enough to be heard and acknowledged, while being mindful of students’ space.

## OFFER:

- Help when/if needed
- Loads of behavior specific praise
- Reinforcement!!!

## SAY:

“You’re so awesome.”  
 “I’m so proud of you.”  
 “I see how hard you’re working!”

## USE:

- Even or enthusiastic tone
- Volume appropriate for environment & proximity to student.

## MOVE:

About the cabin freely.

## OFFER:

- A break
- Redirection
- Reinforcement reminders
- Reduce Demands

## SAY:

“What does your body need?”  
 “It looks like \_\_\_\_\_. I want to help you.”  
 “Thank you for taking care of yourself.”

## USE:

- A calm, even tone
- Moderate-Low Volume

## MOVE:

Close enough to respond quickly & far enough away to not get hit.

## OFFER:

- A safe space
- Limited interaction
- Time
- Occasional redirections
- Reduce Demands
- Staff Switch

## SAY (LESS):

“I want to help you”  
 “First \_\_\_\_ Then \_\_\_\_.”

## USE:

- A calm, even tone
- Low-slightly elevated volume\*.

## MOVE:

### OUT OF THE WAY\*\*

\*Your voice should only get as loud as necessary for the student to hear you.

\*\* Only get close if ABSOLUTELY NECESSARY to keep student or peers safe. As soon as it is safe to do so EVADE EVADE EVADE.



EMPATHY AND CURIOSITY ARE ALL THE TIME STRATEGIES