

Tough Kids: Tip Sheet

WHAT YOU MIGHT SEE



THERE IS MUCH MORE THAN EXPLOSION



BE PROACTIVE



NOT REACTIVE

SAFETY PLANNING

- Know about your school's safety plan
- Have a safety plan with your students
- Where do they go when they feel like they might "explode"?
- Who do they need to talk to?

KNOW WHO'S COMING TO YOUR CLASS

- Transition meetings between grades
- Teacher-to-teacher
- If you are having a transition meeting with a parent or teacher, see our "Difficult Conversations" tip sheet for more info.

DOCUMENT, DOCUMENT, DOCUMENT

- (A) Daily/weekly logs
- (B) For your own information, to understand your student's patterns
- (C) For the teacher the next year

NON-VERBALS

Be aware of non-verbals that could help a child to deescalate



(A) Tone and cadence of voice—DON'T be a drill sergeant!



(B) Authority doesn't have to be loud—try to stay calm.

GROUNDING

In the moment with an explosive student, your heart is in your throat: How do you stay grounded?

VISUALIZATION

Remember that we are in a classroom, in a school, in a town, in a province

EMPATHY

Understand that if the child is screaming at you, it is not necessarily because of you—there may be other things going on (i.e., crisis at home) Remember the iceberg metaphor.

BREATHE

Just keep breathing. Children connect with your energy. Try something like "Let's come back to this conversation after we take a few deep breaths."

HANDLING STUDENT-TO-STUDENT CONFLICT

How do you handle two students who have escalated to physical conflict with your other 23 students still in the room?

DISTRACT
from the conflict that is happening in an immediate manner.

CLEAR AREA
Have other students leave and go to a safe place.

BREAK
the line of sight between students.

FOLLOW
school procedure.

STUDENT SAFETY

What do you do with a student who is lashing out at others (e.g., shoving, throwing objects, yelling)?



GIVE INSTRUCTIONS TO THE REST OF THE CLASS
e.g., "Please get out your books and read"



GET THE ESCALATED STUDENT OUT OF THE CLASSROOM