**Tough Kids: Tip Sheet**

**WHAT YOU MIGHT SEE**

- **VERBAL ESCALATIONS**
- **THREATENING BEHAVIOUR**
- **PHYSICAL AGGRESSION**
- **DAMAGING PROPERTY**

**THERE IS MUCH MORE THAN EXPLOSION**

- Be **PROACTIVE**
- Not be **REACTIVE**

**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.

**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?

**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-verbs 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**