

Calm Down Procedure for Aggression (in the Classroom)

Children Ages 3–6 Years

Decreasing Inappropriate Behavior

Scenario #1: Child goes to Calm Down Area



Child hits



Check in with child who was hit
"I'm sorry she hit you. She made a mistake"



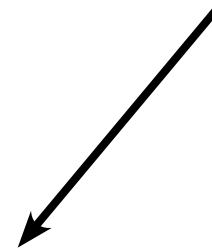
Command
"You hit. You need to go to the calm down area."
(wait 5 seconds)



Child goes to Calm Down Area
(No attention given for 3-5 minutes)



Child calm for last 1–2 minutes



Teacher coaches and praises child's first positive behavior.
"Thank you for raising a quiet hand"



Teacher ends time & re-engages child
"Your body is calm. You can join the group."

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Young Child Resists Going to Calm Down Area (in the Classroom)

Children Ages 3–6 Years

Scenario #2: Child resists going to Calm Down Area



Child hits



Check in with child who was hit

"I'm sorry she hit you. She made a mistake"



Command

"You hit. You need to go to calm down area."
(wait 5 seconds)



Child refuses to go to Calm Down Area



Teacher gives one warning

"You can go by yourself, or I can help you."
(wait 5 seconds)



Child complies

No attention given for 3–5 minutes, last 1–2 minutes child is calm.

Note: If child refuses, teacher calmly walks child to calm down area with no talking.



Teacher ends time and re-engages child

"Your body is calm. You can join the group."



Teacher coaches and praises child's first positive behavior.

"Thank you for raising a quiet hand"



School Age Child Resists Going to Calm Down Area (in the Classroom)

Children Ages 6–10 Years

Decreasing Inappropriate Behavior

Scenario #2B: Child initially resists going to Calm Down Area



Child hits



Check in with child who was hit

"I'm sorry she hit you. She made a mistake"

Command

"You hit. You need to go to calm down area."
(wait 5 seconds)

Child refuses to go to Calm Down Area

Teacher gives warning

"If you don't go now, you will have a consequence of: loss of computer time, choice time, 5 minutes of recess, or classroom chore."
(wait 5 seconds)

Teacher coaches and praises child's first positive behavior.

"Thank you for raising a quiet hand"

Teacher ends time and re-engages child

"Your body is calm. You can join the group."

Child complies

no attention given for 5 minutes, last 1–2 minutes child is calm.

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School Age Child Continues to Resist Going to Calm Down Area (in the Classroom)

Children Ages 6–10 Years

Decreasing Inappropriate Behavior

Scenario #2C: Child continues to refuse to go to Calm Down Area

Child hits



Check in with child who was hit

"I'm sorry she hit you. She made a mistake"

Command

"You hit. You need to go to calm down area."
(wait 5 seconds)

Child refuses to go to Calm Down Area

Teacher gives warning

"If you don't go now, you will have a consequence of: loss of computer time, choice time, 5 minutes of recess, or classroom chore."



Teacher coaches and praises child's first positive behavior.

"Nice job getting started on your reading assignment."

Teacher follows through with consequence and ignores protests

Note: consequence should be carried out same day.

Teacher ends power struggle

"You made the choice not to go, so you have lost the privilege of ____"

(Going to Calm Down area is dropped)

Child still refuses to go to Calm Down Area

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