







Cool-Down Process

Phase 1: De-escalation through Structured Cooling Off	Phase 2: Stabilization through Active Listening	Phase 3: Responsibility & Re-integration			
<p>Purpose: Invite the student to de-escalate by providing a structured, quiet, and safe environment.</p>	<p>Purpose: Provide an opportunity for the student to talk about their feelings/thoughts and <i>actively listen</i> to them.</p>	<p>Purpose: Support the student in taking responsibility for their choices and make a plan for returning to their homeroom.</p>			
<p>Steps: *First ensure student safety by following Emergency Safety Intervention procedures*</p> <p>1. Student completes a chill (quiet body, quiet mouth)</p> <p>2. Adult offers student cool-down options, such as:</p> <ul style="list-style-type: none"> - coloring - Theraputty - Popping bubblewrap - easy math/reading activities - mazes, puzzles, word searches - hard candy or chewy candy/gum - weighted blanket/vest/lap blanket - guided stretching/yoga/exercise - fidget (magnets, Kinex, Rubix cube, etc.) - comfort items (blanket, stuffed animal) - Sand tray - calming Apps - drink of cold water - aromatherapy - calming music 	<p>Steps:</p> <ol style="list-style-type: none"> 1. Engage the student in the reflection process by following the de-brief form. 2. Listen quietly and seek to understand the student's perspective. 3. Actively listen by: <ul style="list-style-type: none"> - paraphrasing what the student says - asking clarifying questions about how the student felt, what they thought, etc. 	<p>Steps:</p> <ol style="list-style-type: none"> 1. Review the Responsibility Wheel with the student and help them choose which action(s) they will take. 2. Using the student's schedule, make a plan for returning to their class and taking responsibility. 3. Support the student in the transition. 			
<div style="text-align: center;">  </div> <p style="text-align: center;"><i>Student Role</i></p>	<div style="text-align: center;">  </div> <p style="text-align: center;"><i>Adult Role</i></p>	<div style="text-align: center;">  </div> <p style="text-align: center;"><i>Student Role</i></p>	<div style="text-align: center;">  </div> <p style="text-align: center;"><i>Adult Role</i></p>	<div style="text-align: center;">  </div> <p style="text-align: center;"><i>Student Role</i></p>	<div style="text-align: center;">  </div> <p style="text-align: center;"><i>Adult Role</i></p>