**Stress De-escalation**

General strategies employed by Argyll and Bute:

* Low arousal
* PATHs
* CALM
* Assess risk
* Call for assistance
* First Aid

A range of techniques may need to be utilised in any 1 situation dependent on pupil and stress level:

* Assess for risks and employ removal strategies- CALM
* Lower voice and speak slowly and clearly
* Approach from the side- non threatening
* Open up body language
* If possible crouch down low and communicate with pupil if they are not physical
* Knowing the pupils well will assist you in what type of communication to employ and/or how to position yourself
* Reaffirm that you understand how they are feeling
* State that you are here to listen and help
* Offer them a chance to communicate. Give them time to think and communicate.
* Offer a choice: walk, sensory room
* Dependent on pupil it may be appropriate to explain a consequence: *if we do not go now, we will miss PE.*
* Stand back and let pupil go through their emotions and wait for things to calm down
* When calm; praise pupil
* Offer a chance to go to Sensory Room to further de-escalate stress
* Try the Mindfulness app: smiling minds
* Follow recording procedures if required
* When stress levels are no longer high; find a quiet place to talk about what happened and how they can help manage their emotions: heart rate, breathing, hot and sweaty etc

Laurie Black

Learning Centre

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