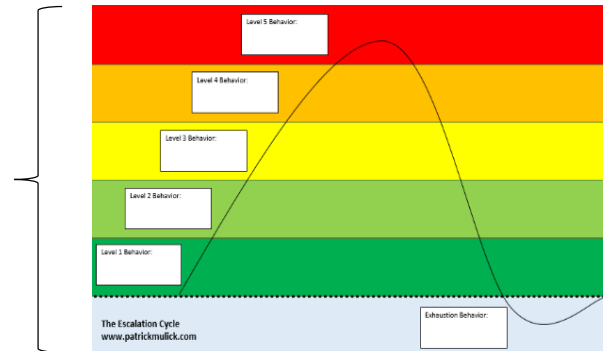


Patrick Mulick's Cheat Sheet for De-Escalation.

This sheet is only intended for those who have had facilitated learning about each of these steps in order to more readily recall key considerations in developing reactive strategies to escalations. These steps are only for students who frequently attempt to escape an overwhelming or overstimulating experience through an uncoordinated or unsafe effort. Please do not copy or share without the consent of Patrick Mulick.

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Step 1. Identify the levels of a student's escalation



Step 2. Identify appropriate de-escalation strategies to test

Go for Walk	Deep Breathing	Counting
Drink of Water	Get a Snack	Ask for Help
Break Spot	Wall Pushes	Sing a Song
Headphones	Lower Lights	Turn on Fan
Break Down Task	Provide Choices	Cold Wash Cloth
Stress Ball	Weighted Blanket	Read a Book
Deep Pressure	Listen to Music	Schedule Reminder
Positive Self Talk	Dim Lights	Talk it out
Limit Communication	Give Time	Move to Easy Task

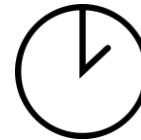
Step 5. Reinforce the student for using calming strategies



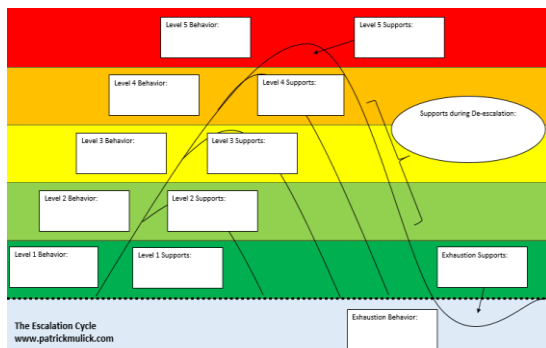
Step 4. Use calming strategies when student escalates



Step 3. Find time to practice the targeted strategies daily



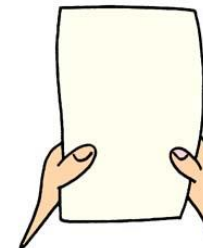
Step 6. Identify which strategies to use at what level. Physical intervention should always be a last resort if used at all.



Step 7. Identify the method by which you will tell the individual to use a particular strategy

- verbally
- visually
- gesturing
- modelling
- hinting

Step 8. Share the plan with all who will work with the student to ensure consistency.



Step 9. Take data and adjust as needed, all the while promoting student independence

