

# Use de-escalating behaviour strategies

A suggestion for implementing the strategy  
'Respond safely to challenging situations'  
from the Guide: [Behaviour and learning](#)

- 
- Includes:**
- Recognise stages in behaviour
  - Consider safety first
  - Take a stepped approach
  - Think ahead checklist
  - Reflective questions
  - Useful resources

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Respond safely to challenging situations](#)

Suggestion: [Use de-escalating behaviour strategies](#)

Date

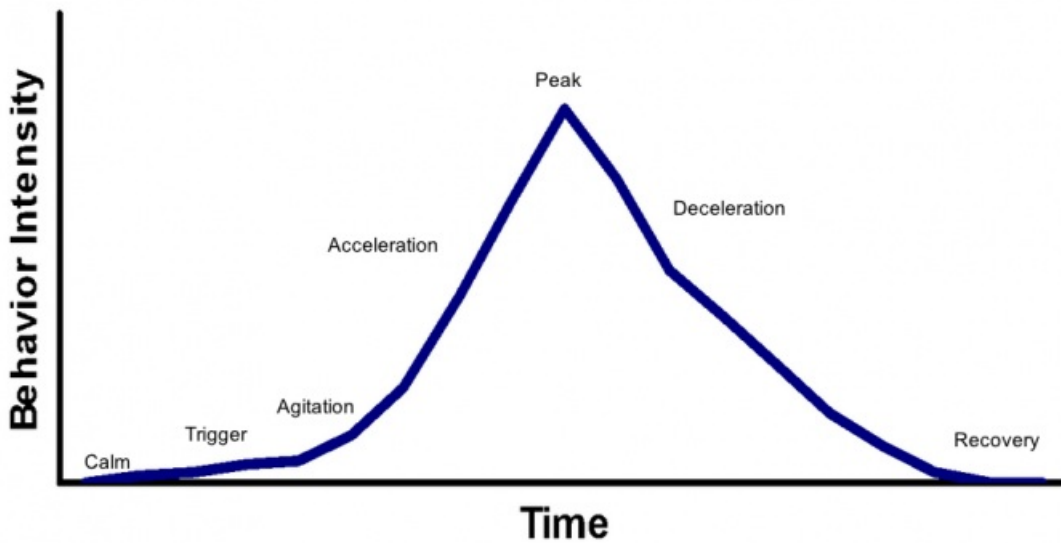
27 April 2024

Link

[inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies](https://inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies)

---

## Recognise stages in behaviour



Source:

[Responding to non-responders: Managing escalations](#)

<https://www.inclusive.tki.org.nz/assets/inclusive-education/resource-documents/Responding-to-non-responders-Managing-escalations.pdf>

[View full image \(67 KB\)](#)

Colvin and Sugai describe each behavioural phase and suggest specific strategies for intervention as student behaviour escalates.

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Respond safely to challenging situations](#)

Suggestion: [Use de-escalating behaviour strategies](#)

Date

27 April 2024

Link

[inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies](https://inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies)

---

## Consider safety first

Create space and time.

- ✓ Remove the audience – ask other students to take their work and move away.
- ✓ Give the student physical space.
- ✓ Name the emotion in a calm even voice: “You look really angry”, “I can see that you are very frustrated”...
- ✓ Wait.

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Respond safely to challenging situations](#)

Suggestion: [Use de-escalating behaviour strategies](#)

Date

27 April 2024

Link

[inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies](https://inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies)

---

## Take a stepped approach

If the student becomes more agitated, show patience and give them your guidance and direction to increase their sense of security.

Ensure your language is concise and short:

- Calmly and clearly tell them what to do (avoid arguing with them).
- Where possible and appropriate, give them a choice, then some time to respond.
- If necessary, redirect them to another activity, move them to another [de-escalation space](#), or remove them from the activity or room to calm down. Follow your school's policies in such instances.

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Respond safely to challenging situations](#)

Suggestion: [Use de-escalating behaviour strategies](#)

Date

27 April 2024

Link

[inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies](https://inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies)

---

## Think ahead checklist

Take a “no surprises” approach and be prepared.

- ✓ If escalation occurs, move further away.
- ✓ Make sure you have an exit plan.
- ✓ Constantly reassess the situation.
- ✓ Send for help if necessary.

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Respond safely to challenging situations](#)

Suggestion: [Use de-escalating behaviour strategies](#)

Date

27 April 2024

Link

[inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies](https://inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies)

---

## Reflective questions

Adapt for your own context.

What de-escalating approaches do you regularly use?

What de-escalating spaces do you have available to you?

[Inclusive Education](#)

From

Guide: [Behaviour and learning](#)

Strategy: [Respond safely to challenging situations](#)

Suggestion: [Use de-escalating behaviour strategies](#)

Date

27 April 2024

Link

[inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies](https://inclusive.tki.org.nz/guides/behaviour-and-learning/use-de-escalating-behaviour-strategies)

---

## Useful resources



### Physical restraint

Read time: 28 min

Information for parents on physical restraint in schools and kura.

[Visit website](#)



### Responding to non-responders: Managing escalations

This PowerPoint promotes teacher understanding, best practice, and planning to manage escalating behaviour sequences.

Publisher: OSEP Centre on Positive Behavioural Intervention & Support

[Download](#) PDF (692 KB)



### De-escalation spaces: Helping students manage emotions

Video showing that by creating dedicated spaces for students, it allows them to manage emotions.

Publisher: Edutopia

[Visit website](#)

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.