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| What triggers an escalation? | Incredible 5 point scale. You can add a picture to each number. 1 is just right, 5 is out of control. | What does it feel like? | What does it look like? | What de-escalation strategies help? |
| Fear  Not feeling understood  Unsure of how to resolve an issue | **5** | Out of control  Like you are going to explode | Screaming  Throwing things  Hitting  Making threats to hurt self | Quiet, calm response  Space / being outside  Something safe to hit |
| Pressure to conform/perform  Unsettled previous grievances  Perception that I am in trouble | **4** | Losing it  Getting very angry | Fight or flight reactions  Tense body  Feel hot  Refusal to follow instructions  Kicking furniture | Breathing exercises  Space  Help to verbalise worries  Reassurance |
| Things not being how they expected them to be  Sensory over load  Perceived pressure to perform | **3** | Anxious / Worried / Excited  Worry about things that have not happened yet or hold a grudge about things that have | Tummy hurts  Avoidant  Retreat to safe space  Struggle to express feelings | Reassurance  Ear defenders  Familiarity  Distraction  Humour  Key adult input |
| Sensory stimulus  Fear of unknown  Changes to routines  Having to ‘wait’  Noise  Crowds | **2** | I can handle this  Have to work hard but can stay in control | Will cooperate with support  Fidget  Out of seat  Irritable | Perceiving success  Tasks I am comfortable with  Sensitive response |
|  | **1** | Just Right  Can conform  Make choices  Tolerate noise  Accept new things | Happy  Calm  Interested  Engaged | Can become under alert if I am bored, feeling low or disinterested |