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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? |
| FearNot feeling understoodUnsure of how to resolve an issue | **5** | Out of controlLike you are going to explode | ScreamingThrowing thingsHittingMaking threats to hurt self | Quiet, calm responseSpace / being outsideSomething safe to hit |
| Pressure to conform/performUnsettled previous grievancesPerception that I am in trouble | **4** | Losing itGetting very angry | Fight or flight reactionsTense bodyFeel hotRefusal to follow instructionsKicking furniture | Breathing exercisesSpaceHelp to verbalise worriesReassurance |
| Things not being how they expected them to beSensory over loadPerceived pressure to perform | **3** | Anxious / Worried / ExcitedWorry about things that have not happened yet or hold a grudge about things that have | Tummy hurtsAvoidant Retreat to safe spaceStruggle to express feelings | ReassuranceEar defendersFamiliarityDistractionHumourKey adult input |
| Sensory stimulusFear of unknownChanges to routinesHaving to ‘wait’NoiseCrowds | **2** | I can handle thisHave to work hard but can stay in control | Will cooperate with supportFidgetOut of seatIrritable | Perceiving successTasks I am comfortable withSensitive response |
|  | **1** | Just RightCan conformMake choicesTolerate noiseAccept new things | HappyCalmInterestedEngaged | Can become under alert if I am bored, feeling low or disinterested  |