

Classroom Calm Toolkit

*6 Practical Scripts to Reset Behavior, Reduce Stress, and Support Students
Immediately*

RISE

PRACTICAL TOOLS FOR REAL CLASSROOMS



Built for the Moments That Matter Most

Every teacher knows the feeling — a student is escalating, a conversation is going sideways, or a connection is slipping away. You need the right words *right now*.

"This toolkit is designed to give you practical language you can use immediately in real classroom situations. These are not theories — these are scripts you can use tomorrow."

Each of the six scripts in this toolkit is grounded in research on behavior support, emotional regulation, and restorative practice. They are designed to be simple, direct, and immediately actionable — no special training required.

6 Scripts at a Glance

Each script is designed for a specific classroom moment. Explore each one and find the language that fits your style.



De-escalation Reset



Redirect Without Power Struggle



Reflection Prompt



Relationship Builder



Student Reset



Family Communication



De-escalation Reset

When to use: A student is emotional, frustrated, or beginning to escalate — before the situation gets bigger.

☐ "I can see something's off. Let's pause for a moment. You're not in trouble — I just want to help you reset."

Why It Works

When students feel threatened or cornered, their brains shift into survival mode — making learning and cooperation nearly impossible. This script does three things at once:

→ Removes the Threat

The phrase "you're not in trouble" immediately lowers the stakes and reduces defensiveness.

→ Builds Safety

Acknowledging what the student is feeling signals that you see them — not just the behavior.


→ Lowers Emotional Intensity

Inviting a pause gives the student's nervous system a chance to regulate before responding.

Redirect Without Power Struggle

When to Use

A student is off-task, distracted, or actively resisting an instruction — and a direct confrontation would only make it worse.

 "Let's get you back on track. What's the next step you can take right now?"

Why It Works

Power struggles happen when students feel their autonomy is being threatened. This script sidesteps the battle by shifting from *compliance* to *agency*. Instead of demanding action, you're inviting the student to identify their own next step — which keeps your authority intact while giving them a sense of control. It's a subtle but powerful shift that de-centers the conflict and re-centers the task.

- Preserves your authority without escalating
- Gives students a manageable entry point
- Keeps the focus on progress, not defiance

Reflection Prompt

When to Use

After a behavior incident has resolved — once the student has calmed down and is ready to engage in a brief, honest conversation.

✔ "What happened? What were you feeling? What could you do differently next time?"

These three questions follow a simple and powerful arc: **event** → **emotion** → **alternative**. Use them in order for best results.

Why It Works

Punishment without reflection rarely changes behavior. This three-question framework guides students through a restorative thinking process that builds genuine self-awareness.

1 What happened?

Grounds the conversation in facts, not emotions.

2 What were you feeling?

Validates emotion and builds emotional vocabulary.

3 What could you do differently?

Shifts ownership to the student and builds future skills.



SCRIPT 4



Relationship Builder

When to Use

Every single day — especially with students who seem withdrawn, resistant, or disconnected. Even a 30-second check-in can change the entire tone of a student's day.

📄 "What's one thing going well for you today?"

Why It Works

Research consistently shows that the single most powerful predictor of student engagement is whether they feel a trusted adult in their school genuinely cares about them. This one simple question signals exactly that.

- Shifts the student's attention toward something positive
- Opens a window for authentic connection
- Builds the emotional safety that makes learning possible
- Creates a daily habit that compounds over time



Student Reset

When to Use

A student appears overwhelmed, checked out, or is shutting down entirely — when pushing harder would only deepen the disconnect.

📄 "Take a minute. Breathe. You can reset and come back ready."

Why It Works

When students are flooded with stress or emotion, their capacity for learning drops to near zero. Rather than responding with consequences — which can feel punitive and increase shame — this script gives students permission to regulate themselves. That's a skill they'll use for life.

Teaches Regulation

Replaces punishment with a skill-building moment.

Invites Return

"Come back ready" sets a positive expectation without pressure.


Reduces Shame

A calm, neutral tone preserves the student's dignity.

Family Communication

When to Use

Anytime you need to contact a family about a behavior concern — especially when you anticipate a defensive or difficult conversation.

 "I wanted to share something positive first... and also work together on how we can support your student."

Lead with a genuine positive observation before introducing the concern. It sets the entire tone.

Why It Works

Many families have been conditioned to dread calls from school. By opening with a positive, you immediately signal that this is a *partnership conversation* — not a complaint call. The phrase "work together" invites the family into the solution rather than placing blame.

- Disarms defensiveness before it starts
- Positions you as a collaborative partner, not an adversary
- Increases the likelihood of family follow-through at home
- Builds lasting trust across the school year

Want More Support Like This?

These six scripts are just the beginning. RISE helps schools build cultures where students and teachers both thrive — with practical, proven tools and ongoing embedded support.

Practical Tools

Ready-to-use frameworks, scripts, and resources grounded in research — not theory.

Compass Support

Ongoing, personalized coaching and support through the RISE Compass platform for your whole school team.

Real Results

Schools that partner with RISE see meaningful, lasting improvements in student behavior and staff wellbeing.

📅 **Book a 15-Minute Walkthrough** — Visit us to schedule your free consultation and see how RISE can support your school community.



Your Classroom Calm Toolkit — At a Glance

Keep these six scripts close. The right words at the right moment can change everything.



De-escalation Reset

"You're not in trouble — I just want to help you reset."



Redirect Without Struggle

"What's the next step you can take right now?"



Reflection Prompt

"What happened? What were you feeling? What could you do differently?"



Relationship Builder

"What's one thing going well for you today?"



Student Reset

"Take a minute. Breathe. You can reset and come back ready."



Family Communication

"I wanted to share something positive first... and work together."