

Coping Strategies and De-escalating Techniques Template Instructions

Name: _____

Instructions: Complete the template based on the behaviors your child has and add rows as you need them. The highlighted areas give a brief description of what to include and the first row is an example. This is a quick reference for individuals to use to help your child stay calm and/or work through their feelings to minimize aggressive behaviors.

Behavior	Coping Strategy(s)	Modified Version	De-escalating technique (s)
List the behavior here.	List a coping strategy or strategies that are effective.	Explain how the copy strategy or strategies used by your child or modified according to their developmental level.	Describe what helps calm your child if they are showing signs of emotional irregulating.
1) <i>Example:</i> Refusing to complete schoolwork	1) <i>Example:</i> Square breathing	1) <i>Example:</i> Have him breathe in and count to four using your finger and then breath out counting using your fingers	1) <i>Example:</i> Have him list 1 or 2 things that he would be good at if he were a superhero 2) <i>Example:</i> Speak privately to the side about feelings with the safe person or speak with parent over the phone (if appropriate or necessary) 3) <i>Example:</i> Distract with drawing for up to 5 minutes and then return to schoolwork
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