

# 5 ART ROOM DE-ESCALATION & DEFUSION TECHNIQUES

<b>Avoid the Argument</b>	<b>Stick to the topic.</b>	<b>Ignore the challenge, not the person.</b>	<b>Respond calmly and concisely.</b>	
	<p>"She took my eraser!"</p> <p>"You need the eraser to fix your mistake."</p>	<p>"She took my pencil!"</p> <p>"I see you're upset. Let's see if we can find another pencil to work with."</p>	<p>"I see you're upset."</p> <p>"How can I help you?"</p> <p>"Let's take a break."</p>	
<b>Reframe Your Assumptions</b>	<b>Stick to the topic.</b>	<b>Separate the behavior from the child.</b>		
	<p>Instead of, "You're refusing clay because you're a rude child."</p> <p>Try, "I wonder about . . ." Sensory issues? Frustration? Challenges outside the class?</p>	<p>Instead of, "You're not completing the reflection because you're lazy."</p> <p>Try, "You didn't complete the reflection because it was hard for you."</p>		
<b>Connect Behaviors With Goals</b>	<b>Offer controlled choices.</b>			<b>If this, then that.</b>
	<p><b>Materials:</b></p> <p>"You can use a glue stick or liquid glue."</p>	<p><b>Techniques:</b></p> <p>"You can use scissors or tear the image out of your artwork."</p>	<p><b>Environment:</b></p> <p>"You can work at your desk or at the large table."</p>	
<b>Acknowledge &amp; Distract</b>	<b>Label the emotion.</b>	<b>Use humor.</b>	<b>Take a break. Process later.</b>	
	<p>"You are angry that someone is using the blue crayon."</p>	<p>"Mixing the perfect paint color is frustrating to you."</p>	<p>"That crayon is on strike! It just rolled itself right off the table!"</p> <p>Be careful of sounding sarcastic or teasing.</p>	<p>"Let's take a break and come back to this in a few minutes."</p> <p>Provide "take a break cards," offer break stations, or remove the student from the situation by running an errand or doing a different task.</p>
<b>Use Positive &amp; Comforting Language</b>	<b>Avoid blame.</b>	<b>Rephrase.</b>	<b>Show, don't tell.</b>	
	<p>Use "I" language instead of "you."</p> <p>"I wonder if this is frustrating."</p>	<p>Instead of, "If you don't sit down, I won't help you."</p> <p>Try, "I can help you as soon as you return to your seat."</p>	<p>Lean in, nod, open your arms.</p> <p>Stand or sit next to the student at eye level.</p> <p>Mirror body language and convey calm emotions.</p>	