

Take a stepped approach

If the student becomes more agitated, show patience and give them your guidance and direction to increase their sense of security.

Ensure your language is concise and short:

- Calmly and clearly tell them what to do (avoid arguing with them).
- Where possible and appropriate, give them a choice, then some time to respond.
- If necessary, redirect them to another activity, move them to another [de-escalation space](#), or remove them from the activity or room to calm down. Follow your school's policies in such instances.

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