

# The Calm Classroom: De-Escalation Through Regulation

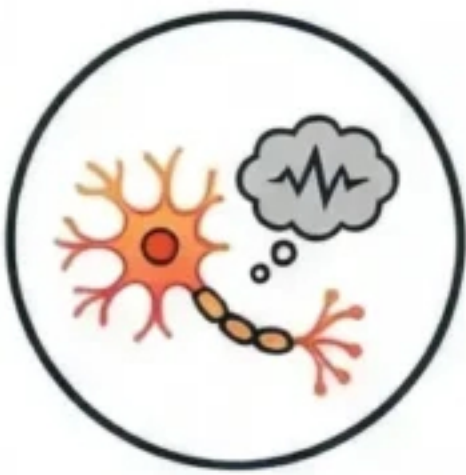
Activated  
Stress  
Response



Regulated  
State &  
Learning

## THE DE-ESCALATION MINDSET

## HIGH-IMPACT STRATEGIES



### It is a Nervous System Problem

Escalation is a biological stress response, not a character flaw or intentional defiance.



### Stabilize the Moment, Don't "Win" It

The primary goal is returning to stability so that teaching and learning can resume.



### Calm is Contagious

Just as volume escalates a room, a teacher's regulated tone can lower intensity.



### Lower Your Voice and Slow Down

Speaking quietly and using relaxed body language communicates safety before your words do.



### Use Neutral Language, Not Power Struggles

Replace emotional corrections with short, directive phrases like "Let's pause" to preserve dignity.



### Provide Regulated Choices

Offering two simple options restores a student's sense of control without surrendering authority.