

21 Culture #Calm Behavior Intervention Strategies

1. Ignore- avoid positively rewarding negative behaviors with attention
2. Take a Walk- change the scenery, get the muscles moving, break the negative behavior sequence
3. The Bucket- give students who get over-stimulated a special space to reclaim their calm
4. Special Delivery- same strategy as #1 but adds in a sense of duty
5. Peer Partners- create a symbiotic pairing based on cooperative learning
6. Secret Code- lessen anxiety by cueing previews of what is next, allowing the child to prepare mentally
7. CICO- the PBIS Tier 2 stand-by; train several staffers in CICO for fluid and consistent application
8. Travel to Another Dimension- change physical location and decrease specific stimuli
9. Feng Shui Your Class- create a peaceful corner for students to retreat when they need to
10. Check Yourself- routines and organization of the classroom must be consistent
11. Switch Teachers- change up instructional duties to create a break in the action
12. Mindfulness or Meditation- explicitly teach calming techniques
13. Planned Breaks- use a preference assessment tool to have student earn breaks
14. On the Ratio- Ensure your ratio of positive reinforcement is at least 4x for every correction
15. Community Responsibility- connect interventions with important people in student's life
16. Teacher's Helper- create a specific job for student to develop a positive sense of contribution
17. Community Mentors- find someone caring who can come in to mentor the student regularly
18. Social Groups- target topics according to student need and build social skills through role-play
19. Pet Project- use service animals as motivators to be earned (i.e., Read to Rover)
20. Tangibles- Design a menu of T2 rewards to earn by saving tangible coupons or tokens
21. Basic Needs- start at the basics to ensure child is fed and well-cared-for

Learn how to get all the details of implementing these behavioral interventions [here](#).
Need help? Professional Development for your staff? Coaching to get up and running?

CMKLeadership will design a Culture #Calm program targeted to the needs of your school.

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