



## BCBA4Hire

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# De-Escalation Preferences Assessment

*Insights from Collaboration with the Student  
and Those Who Know Them*

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**BehaviorCraft:** Clear. Simple. Prompt. Effective.

### De-Escalation Preferences Form: Grades K-1

#### My Calming Choices

When I feel upset, I like to:

- Listen to music
- Hold a stuffed animal
- Take deep breaths
- Hug a trusted adult
- Sit in a quiet space
- Draw or color
- Move my body (jump, stretch, dance)
- Something else: \_\_\_\_\_

#### People Who Help Me Feel Safe

A grown-up I trust: \_\_\_\_\_

A friend who helps me feel better: \_\_\_\_\_

#### Things That Make It Harder

These things make me feel more upset:

- Loud noises
- People touching me
- Bright lights
- Being alone
- When I don't know what's happening
- Something else: \_\_\_\_\_

## De-Escalation Preferences Form: Grades 2-4

### What Helps Me Calm Down

When I'm upset, I feel better when I:

- Listen to music
- Read or look at books
- Talk to a trusted adult
- Have quiet time
- Squeeze a stress ball or fidget toy
- Walk around or do exercise
- Draw, write, or color
- Use deep breathing
- Something else: \_\_\_\_\_

### Who Helps Me Feel Safe

A teacher or adult I trust: \_\_\_\_\_

A friend I can talk to: \_\_\_\_\_

### What Makes It Worse

Things that make me feel more upset:

- Being told what to do in a loud voice
- People getting too close
- Being left alone
- Feeling like I have no choices
- Certain smells, noises, or lights (explain): \_\_\_\_\_
- Something else: \_\_\_\_\_

### What Can Adults Do to Help?

I feel safer when adults:

- Give me space
- Use a calm voice
- Let me pick from choices
- Help me understand what's happening
- Something else: \_\_\_\_\_

## De-Escalation Preferences Form: Grades 5-8

When I'm Upset, These Help Me Feel Better

- Listening to music
- Talking with a teacher or friend
- Taking a walk or moving my body
- Writing or drawing
- Using a fidget toy
- Deep breathing or mindfulness
- Being in a quiet space
- Having time to myself
- Something else: \_\_\_\_\_

Who Can Support Me?

A teacher/staff member I trust: \_\_\_\_\_

A friend or peer I trust: \_\_\_\_\_

What Makes It Worse?

These things can make it harder for me to calm down:

- Being yelled at
- Not being listened to
- Feeling embarrassed in front of others
- Being touched when I'm not ready
- Feeling like I have no control
- Loud noises, bright lights, or strong smells
- Something else: \_\_\_\_\_

What Adults Can Do to Help

When I'm upset, I feel better when adults:

- Speak calmly and quietly
- Give me space but stay nearby
- Let me take a break
- Offer me choices
- Help me understand what's happening
- Something else: \_\_\_\_\_

## De-Escalation Preferences Form: Grades 9-12

### What Helps Me Regulate My Emotions?

When I feel overwhelmed, I prefer to:

- Listen to music or a podcast
- Have time alone to cool off
- Take a walk or move my body
- Write or journal my thoughts
- Talk to someone I trust
- Use breathing exercises or grounding techniques
- Engage in a calming activity (drawing, puzzles, etc.)
- Something else: \_\_\_\_\_

### Who Can Support Me?

An adult at school I trust: \_\_\_\_\_

A peer/friend I can turn to: \_\_\_\_\_

### What Makes It Worse?

I struggle more when:

- Someone raises their voice at me
- I'm not given time to process things
- I feel forced to talk before I'm ready
- I don't have control over what's happening
- I feel embarrassed or singled out
- There are bright lights, loud noises, or overwhelming smells
- Something else: \_\_\_\_\_

### What Do I Need From Adults?

When I'm struggling, I respond best when adults:

- Respect my space and give me time to calm down
- Speak to me in a quiet and calm voice
- Offer me a break or an alternative activity
- Let me make choices about how to proceed
- Help me understand what's happening and why
- Something else: \_\_\_\_\_