# HOW TO CREATE A
# CALM
# DOWN
# *Script*

## BY
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**How to Create a
Calm Down Script**

# What is a Calm Down Script?

A calm down script is a short, intentional set of words you can use when a student is melting down emotionally or showing signs of distress. It helps you maintain a steady tone, communicate clear expectations, and stay consistent, even when the situation feels tense or unpredictable.

This tool is meant to be used in the midst of the crisis when emotions are rising and a student is no longer able to process long explanations or problem-solve effectively. It's not for teaching lessons or delivering consequences, it's for creating enough safety and calm to pause escalation. Think of it as a verbal bridge that helps both you and the student move from chaos back toward regulation.

You'll find a calm down script especially helpful when a student begins using everything you say as fuel for an argument, or when each response seems to escalate the situation instead of settling it. That's your cue to stop explaining, stop negotiating, and shift to simple, predictable language. When you realize the strategy you're using isn't working and the moment is starting to unravel, a calm down script helps you reset the interaction before it turns into a full blown crisis.

# Why Does a Calm Down Script Work?

When a student enters crisis mode, the thinking part of the brain temporarily shuts down. In that state, students can't process long explanations, reasoning, or consequences—but they can sense safety, predictability, and calm energy from the adults around them. This is why less language, not more, is often what helps in these moments.

A calm down script works because it replaces uncertainty with structure. The predictable wording and steady tone reduce the student's sense of threat and help signal that they are safe, supported, and not in trouble for having big emotions. Over time, that predictability builds trust and lowers the likelihood of repeated escalation.

A calm down script accomplishes two powerful things:

- It helps the student recognize what's happening in their body and understand what to do next without feeling overwhelmed.

- It helps you stay grounded, focused, and emotionally regulated, even when the moment is intense and your own stress is rising.

Together, this shared calm creates the conditions needed for de-escalation to begin.

## How to Create Your Own Calm Down Script?

To create your own calm down script, use this four-step formula as your guide:

1.  **State what the student is doing.**
    ("You're yelling.")

2.  **State what you need them to do.**
    ("I need you to stop yelling.")

3.  **State why in terms of the student's needs or interests (not ours).**
    ("Because I want to understand what you are saying.")

4.  **Prompt and model the calm down strategy.**
    (Say: "Let's breathe." Then demonstrate the strategy

5.  **Repeat until student calms down**

Once you've said the script once, you can vary the order of the lines depending on what feels natural in the moment. However, avoid changing the wording. Predictability helps students feel safe and signals emotional stability.

# How to Create Your Own Calm Down Script?

## 1. Calm Down Script for Yelling

"You're yelling right now. I need you to lower your voice because I want to understand what you're trying to tell me. Let's breathe together and calm down. Watch me...."

## 2. Calm Down Script for Shouting Insults

"You're calling names right now. I need you to stop using hurtful words because if you hurt people it will be harder for you to get what you want. Let's count to 10 and calm down... 1... 2... 3... 4..."

## 3. Calm Down Script for Throwing Things

"You're throwing objects right now. I need you to stop throwing things because I want everyone to stay safe, including you. Let's take 5 deep breaths to calm down. Here we go..."

## 4. Calm Down Script for Disobeying a Directive

"You're not following directions right now. I need you to pause and listen because I don't want you to lose your free time. Why don't you put your head down and take a short break."

## 5. Calm Down Script for Talking Too Much in Class

"You're talking while others are working. I need you to pause your voice because I don't want you to lose out on recess. Here's some scratch paper. Anthing you want to say, write it here and we can review it together later."

# Pro Tips

- Keep your script short. Use the least amount of words as possible
- Use the same calm tone every time; predictability builds safety.
- Practice your script until it becomes automatic and easy to recall under stress.
- Post it somewhere visible as a visual reminder during challenging moments.
- Consider adapting the same script for different age groups or emotional triggers.

## The Power of Predictable Language

Predictable language becomes an anchor when emotions are high and everything else feels uncertain. A calm down script gives students something steady to hold onto while their nervous system settles, and it gives you a clear path forward in the moment.

Over time, hearing the same calm words teaches students what regulation feels like and shows them that they are safe, even when emotions run strong. When your language stays predictable, de-escalation has space to begin.

Just as importantly, predictable language reduces power struggles by removing negotiation and emotional back-and-forth. It allows you to lead the moment with calm authority, without escalating or shutting the student down.
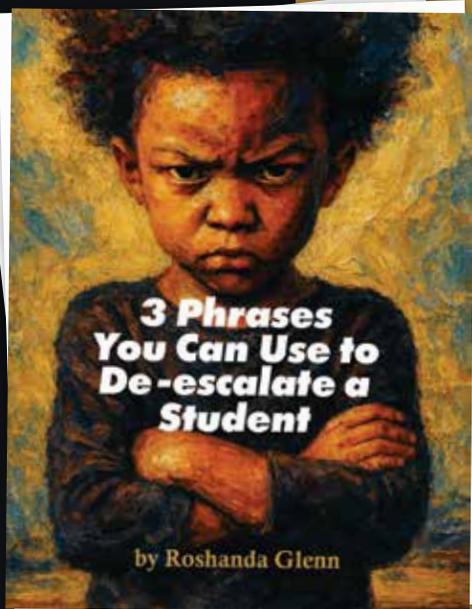
## Additional FREE Resources

*"3 Phrases You Can Use to De-escalate a Student"* is a practical guide that teaches how to use simple formulas to create de-escalating language that builds trust, lowers tension, and restores connection in the toughest classroom moments

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**Roshanda is an experienced educator of 29 years who specializes in teaching studens diagnosed with Emotional Distrubance. Beyond the classroom, she passionately trains other teachers in effectively managing and transforming extreme behaviors in students.**

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