

10 Things to Do When the Storm Hits



1. CALM FIRST, TEACH LATER

Observe where a student is struggling or disengaging. Determine whether the task is too easy, too difficult, or misaligned with their needs.

2. COLLECT YOURSELF BEFORE YOU REACT

One breath. One pause. Your calm helps them calm.

3. MOVE SLOWLY, SPEAK SOFTLY

Observe where a student is struggling or disengaging. Determine whether the task is too easy, too difficult, or misaligned with their needs.

4. STAY STEADY: BE THE CALM ANCHOR

Stay neutral, steady, and predictable—even if things feel chaotic.

5. PRIORITIZE SAFETY, NOT SPEED

Get others safe. Don't rush to consequences or solutions mid-crisis.

6. VALIDATE AFTER IT'S OVER

Once calm: "That was a lot. Let's figure this out together."

7. GET CURIOUS, NOT FURIOUS

Look for patterns: What happened? What triggered this?

8. MAKE A PLAN FOR NEXT TIME

Update support plans based on what you saw—don't just move on.

9. FORGIVE YOURSELF, REPAIR IF NEEDED

If you lost your cool: "That's not how I wanted to handle it."

10. WORK AS A TEAM

Make sure everyone stays calm, clear, and consistent:

- Calm voice
- Clear actions
- Consistent responses

Shift Classroom Culture:

Stop Send-Outs with Calm,
Strength-Based Response

START HERE

