

BEHAVIOR DE-ESCALATION LOG

Tracking Triggers, Interventions, and Recovery Process






 Student Name: _____

 Date: _____

 Observer / Staff Member: _____

 Classroom / Setting: _____

1 INCIDENT CONTEXT

 Time of Incident	 Activity / Task	 Antecedent (What happened right before?)	 Environment Observed	 Notes

2 ESCALATION SIGNS OBSERVED

- Verbal refusal / arguing
 - Withdrawal / shutdown
 - Raised voice / yelling
 - Aggression (hitting, kicking, throwing)
 - Property destruction
 - Flight risk / running away
 - Emotional outburst (crying, panic)
- Other: _____

3 TRIGGERS IDENTIFIED

- Unexpected change in routine
 - Direct instruction / demand
 - Peer conflict / pressure
 - Sensory overload (noise, lights, crowd)
 - Performance pressure (test, timed task)
 - Adult tone / perceived authority
- Other: _____

4 DE-ESCALATION STRATEGIES USED BY ADULT

- Reduced verbal demands
 - Allowed space / time
 - Rephrased request / offered choices
 - Calming sensory input provided
 - Positive reinforcement
 - Collaborative problem-solving
- Other: _____

5 STUDENT RESPONSE DURING DE-ESCALATION

-  Calmed with support  Calmed independently  Continued escalation  Removed from environment  Other: _____

6 OUTCOME & RECOVERY

INCIDENT DURATION

Start Time: _____
End Time: _____
Total Duration: _____

TASK RE-ENGAGEMENT

Yes Partial No
If Yes/Partial, time to re-engage: _____

LEVEL OF SUPPORT NEEDED

Low
 Moderate
 High

EMOTIONAL STATE POST-INCIDENT

Calm Anxious
 Frustrated Dysregulated

 ADDITIONAL NOTES: _____

7 STAFF REFLECTION

WHAT WORKED WELL?

WHAT COULD BE IMPROVED NEXT TIME?

PATTERNS NOTICED OVER TIME:

NEXT STEPS / FOLLOW-UP:

 TIP: Use this log to identify patterns, support student success, and guide proactive strategies.

