

Table 5.7: Keeping Over-Reactive Students Calm

Problem	Proactive Ideas to Prevent or Positively Impact the Problem
Students become anxious or exhibit impulsive behaviors in class.	<ul style="list-style-type: none"> • Work with students in advance of the problem to understand what sets them off. • Develop a private signal to let the students know they are beginning to over-react. • Break the day or instructional period into parts to help maintain calmness. • Use a timer to help students self-monitor on-task behavior. • Provide a small marker board or notepad for students to write questions or comments rather than blurt them out in class. Then provide regular times to review these notes with the student. • Teach students appropriate on-task behaviors. • Provide a peer to help students maintain focus. • Provide calming music for the class to help keep emotions in check. • Teach class relaxation and breathing exercises, and implement them regularly during the day or period. • Provide students with a time-out area or a place to go when they feel out of control.
Building and colleague ideas and strategies:	