



MTSS Tip Sheet

Kicking, Hitting

PURPOSE

This tip sheet will help you help your scholars who are kicking / hitting. Below are tips that may be helpful, both in the moment and for future planning.

This list is not all encompassing, discuss with OT (and whole team), and see additional references for other suggestions.

TIPS

In the moment:

- Maintain safe distance for yourself and other scholars
- Model self-regulation by keeping a calm voice and breathe deeply to lower the tension
- Avoid blaming the scholar
- Remove the scholar if necessary
- Offer alternatives, such as a “calm down” chair or space within the classroom
 - Set a visual timer to allow the scholar time to calm his/her body
- Avoid lecturing the scholar and help them process their feelings

Future planning:

- Set boundaries with rules and expectations
- Reward/reinforce positive behavior
- Incorporate heavy movement throughout the day
 - Can be class jobs (carrying caddy to bathroom / pushing garbage can around lunch room / stack chairs to sweep around)
 - Can be via whole class movement breaks (movement videos, jumping, push ups, climbing on playground equipment, etc.)
- Use students “regulation plan” to identify meaningful alternatives when angry or scared

A act calm

D de-escalate

A acknowledge feelings

P problem-solve

T think reflectively

© The Pathway 2 Success

Information from (Wise, 2022) and (Lutz, 2018)*

OT / PT Website

<https://www.clevelandmetroschools.org/occupational-physical-therapy>

*detailed references available on department website