



# MTSS Tip Sheet

## Tantrums

**A** act calm

**D** de-escalate

**A** acknowledge feelings

**P** problem-solve

**T** think reflectively

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### PURPOSE

This tip sheet will help you help your scholars who are having tantrums. 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:

- Remain calm, take a deep breath, and wait
  - they are out of control & need you to stay in control
- Ensure a safe environment for all
- Avoid talking, lectures, rationalizing, fixing, advising, debating, correcting, threatening
- Some scholars need you to be close, others need more space
- Model deep breathing or movement
  - walk with me, swing, etc.
- Offer acceptable / safe way to release emotions (scream into pillow, punch pillow, tear paper)
- Wait and watch for physical relaxation or a slump
- Take care of yourself during this period

Future planning:

- Assess to make sure basic needs are being met
  - sleep patterns, food, toileting, etc.
- Communicate through many modalities what to expect next or variations in schedule
  - after tantrum, when scholar has fully calmed and decompressed (possibly next day), come back to the situation to process triggers & other possible outcomes.
- Use students “regulation plan” to identify meaningful alternatives

Information from (Markham, 2021)\*

### OT / PT WEBSITE

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

\* detailed references available on department website