

C.O.O.L.

COOL is a trauma sensitive crisis prevention sequence you can use with students who show early signs of frustration, disengagement, fatigue, distraction or irritability.

Check Feelings

- ❄️ Pause. Take a deep breath. Remind yourself this is not personal. Ask the student how they are feeling.

Offer Calming Choices

- ❄️ Offer the student two calming choices.

Observe

- ❄️ Observe the student's mood and behavior.
Did it help? If so, praise, reengage and keep an eye on them.

Loop Back To Yourself

- ❄️ Do something to recharge and take care your own wellness today.



Calming Choice Ideas

 Write or Draw

 Visit trusted adult



Wall pushups



Help a teacher



Use a fidget



Take 3 deep
breaths



Drink of water



Squeeze a stress ball



Use my 5 senses

