



✂️ **PRINT, CUT ALONG DASHED LINES, FOLD IN HALF (OR PLACE BACK-TO-BACK), AND LAMINATE FOR LANYARD BADGES!**

BACKSTAGE PASS <i>PREPARED PERFORMING PARAPROFESSIONALS</i>	STAGE DIRECTIONS <i>DE-ESCALATION & RESET GUIDE</i>
□ "Our external presence creates their internal safety." □ THE DAILY CUE SHEET The Thermostat: You set the room's temperature. Don't absorb the heat—cool the space with calm. Emotional Acting: Fake it 'til you regulate it. A safe face calms a dysregulated brain. The Backstory: Behavior is a symptom of a need, not a personal attack. Every character has a backstory.	 "IN THE SCENE" STEPS STEP 1: PAUSE (Take Spotlight) <i>Take 1 deep breath. Unclench jaw & drop shoulders.</i> STEP 2: LOWER & SLOW (Adjust Mic) <i>Drop voice volume 20%, speak slowly, use fewer words.</i> STEP 3: ANCHOR (Safety Net) <i>Stand side-by-side (not face-to-face). Keep posture open.</i> □ My Self-Advocacy Phrase: <i>"I need a 2-minute backstage reset."</i> □ My Physical Reset Cue: 'Be the safest person in the scene.'