

KINDER
BRAVER
CALMER
STRONGER
TOGETHER ♥

The Leading With Care De-escalation Guide

For teachers, coaches, and anyone who leads a group.



CALMER PEOPLE
BRIGHTER
TOMORROWS

People
Grow
Here
♥

BEFORE THE STORM



Build the relationship
on calm days.

Aim for five genuine
positives to one
correction.

Learn each child's
early warning signs.

*Prevention
creates possibility.* ♥

IN THE MOMENT



Regulate yourself first.

Slow down, drop
your voice.

Validate before
you redirect.

Reduce the demand
to the smallest next step.

*A calmer you
helps a calmer them.* ♥

THE COMBINATION LOCK



*Never lead
with the ask.* ♥

READ THE SIGNAL



After you act, are they
moving closer or pulling away?

Closer means it landed
(shoulders, eyes, breath, voice).

Farther means back up
and change approach.

*Look for the clues.
They're always talking.* ♥

DR. Z TAKEAWAY



**"A restraint is a failure
to de-escalate."**

The goal is not to get
good at control.

It is to be a nervous
system worth borrowing
calm from, so you
almost never need it.

*Calmer people.
Brighter tomorrows.* ♥



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HEALTHY PEOPLE. STRONGER FAMILIES. BRIGHTER TOMORROWS.

*A kinder
brighter
tomorrow
is possible.* ♥