

# TOP 10 WAYS TO REDUCE STRESSORS

**GO  
QUIET**



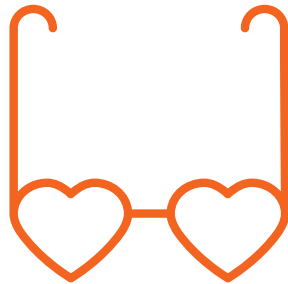
approach silently, use non-verbals,  
limit auditory processing demands

**ASK  
OPEN-ENDED  
QUESTIONS**



skip the directions and corrections,  
pause between questions, aim to  
understand their perspective

**GIVE VISUAL  
SUPPORT**



write, draw, and/or display directions,  
provide options for capturing thoughts  
and ideas, make the unpredictable  
...predictable

**OFFER  
BREAKS**



go for a walk, take a breath,  
sit together, get some water

**GET  
CREATIVE**



play calm music, move,  
dance, draw, create

# TOP 10 WAYS TO REDUCE STRESSORS

## SHOW COMPASSION



offer a smile, hug, or a hand

## REDUCE THE SIZE OF THE GROUP



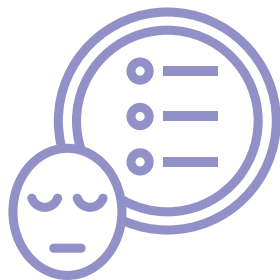
peer partners, stations, co-teach,  
groups led by paraprofessionals  
and specialists

## REDUCE INPUTS



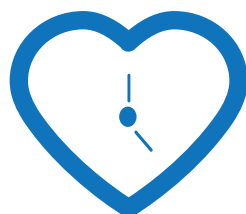
practice sound minimalism, reduce  
visual clutter, create physical space  
between students, use outdoor or  
other school environments

## REDUCE DEMANDS



reduce number of tasks/directions,  
provide choice for working alone or  
with a peer, give additional time,  
provide choices

## SLOW DOWN AND GIVE TIME FOR PROCESSING



count to 3 before repeating, take 2  
deep breaths, use a visual, use peer  
turn and talk