

# Phrases and language

- **Tone and respect**
- Acknowledge what they say, don't just repeat yourself
  - You can say "I hear you. You said '\_\_\_\_\_. ' You still need to \_\_\_\_\_. We are not going to talk about it anymore"
- "Your main job now is to get your body under control, then we can talk about it."
- "If I let you (take a break) right now, I'm teaching you that (throwing chairs) gets you a break." \*have them go back in, pick up the chair, sit safely, ask\*
- "If we can't find a way to be ok when (told no, lose at a game, etc.) then we aren't going to be able to do it anymore, because it is stopping us from learning"
- Give them exact phrases they can say instead "I can't handle this right now," "Can I please earn that?" "Help please."
- PRAISE communication. PRAISE choosing tools to self regulate.