

Cool-Off Intervention

WHY IS A COOL-OFF GIVEN?

It allows the student to regain control without losing privileges or points.

WHAT DOES IT LOOK LIKE?

- Head down
- No eye contact
- No noises, talking, etc.

HOW TO IMPLEMENT A COOL-OFF:

- Teacher should meet with the target students to teach the Cool-Off intervention by explaining, modeling and having the students practice the Cool-Off procedure.
- When the teacher recognizes that a student is becoming frustrated or angry, she may initiate a Cool-Off. Refusal may result in loss of points, privileges, etc. Student may earn reinforcer for taking a cool-off on the first offer. (This should be determined beforehand and be part of the teaching of the Cool-Off procedure).
- Staff initiates and ends and Cool-Off.
- If there is a question about the cool-off, the student MUST wait until the cool-off is completed.