Informal Interventions: *Teachers’ Tips & Tricks*

* Run an Errand
  + Allow students to run an errand for you. This can serve multiple purposes, like giving them a quick break from the current task as well as a feeling of responsibility.
* The Power of Doors
  + There’s something to be said about the “power of doors” and the opportunity for a student who is escalating, off task, or anxious to regroup. Sometimes leaving the current environment (going out the door), taking a small break or walk, and returning to the environment (going back through the door) is a small intervention with a big impact.
* Find My Person
  + Sometimes we just need “our person.” Implement an informal check in with an adult in the building for those students who need extra connections.
* Meaningful Work
  + Give students jobs, tasks, or specific work to do in the classroom/building. Having a sense of responsibility and ownership of a certain task helps to strengthen positive behaviors.
* Calming Corner
  + A space within the classroom where students can take a break, de-escalate, and calm down can have a profound impact on behaviors.
* Brain Breaks
  + Taking quick and regular brain breaks helps students stay engaged and helps to minimize unwanted behaviors as students struggle to maintain attention throughout the day.